Wonderful, careful, and so much needed. Women have needed to do it ourselves from the beginning, and I'm grateful that the word is out!

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Herbalist and Author

This important work is another strong thread in the reweaving of our Wise Woman Ways.

-Susun Weed
Herbalist, Author, and
Founder of the
Wise Woman Center

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-Illustrations

-Descriptions

-Chemical Components

-Scientific studies and research

-Herbal lore

-Goddess lare

-Propagation

-Cuitivation

-Gathering

-Herbal Preparations and Combinations

-Dosage Guidelines

-Safety Precautions

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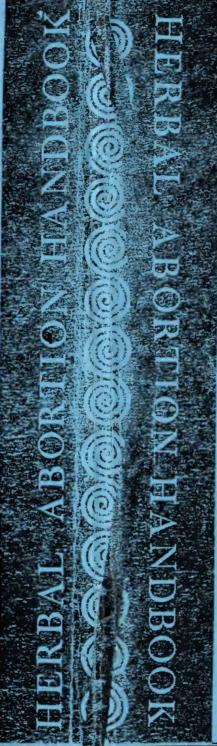
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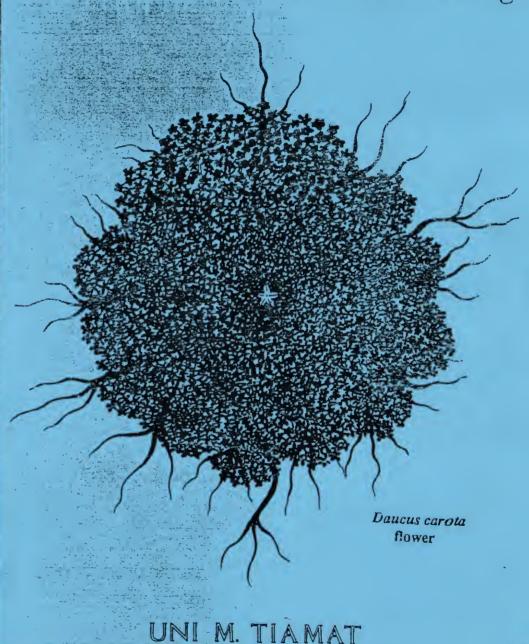
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HERBAL ABORTION
The Fruit of the Tree of Knowledge



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# lerbal Abortion

The Fruit of the Tree of Knowledge

Tuni 3 Tiamat

### DEDICATION

mother and the life that abounds here, fight to protect freedom for herself, her sisters, To all women; past, present, and future: who, impassioned by love of the earth and all those abused by patriarchal domination.

deciding whether to employ any of the treatments and suggestions in this book. Women should be aware mportant Notice to All Readers: This herbal health book is not intended to endorse, prescribe or diagnose in anyway. All information within is shared in the understanding that each individual reader is solely adverse effects or consequences resulting from the use of any remedies, procedures, or preparations midwives, herbalists, and wise-women; and to follow their own common sense and best judgement in that many herbal abortifacients are suspected of being teratogens. If a woman uses herbal abortifacients responsible for their decisions and actions. The author and the publisher are not responsible for any included in this Herbal Abortion handbook. Do to the fact that there are little to no controlled studies of nerbal remedies, readers are advised to exercise caution; to consult with knowledgeable trained healers, and then carries the pregnancy to term, there is a risk that the resulting child may have physical or developmental deformities. For this reason, a clinical abortion is suggested if herbal methods are not successful at the end of two weeks.

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Poison Information/Control Center ph/ Herbalist or Doctor ph#

Signs of Toxicity are valuable signals from one's body that the doxage of a medication is ton high. Excessive dosages of herbal medications often cause intoxication (Signs of Toxicity).

To decrease the chances of over dosage of herbal medications:

Work with the assistance of those wise in the ways of herbs.

2. Personalize dosage ranges to suit your body size.

3. With every new plant or herbal preparation, always begin at the towest desage in your personalized desage range. Test for

4. Always reduce dosage at first sign of toxicity. individual plant strength and personal sensitivity, then increase or decrease dosage as needed.

5. Herhs are medicines. Keep herhs and herhal preparations in a safe place out of reach of children.

## General Signs of Toxicity

Reduce dosage at first sign of toxicity. Boldly printed signs are extreme signs of toxicity and deserve immediate medical attention.

Ears ringing. Dizziness. Chills. Sweating. Fever. Diarrhea Exhaustion Confusion. Sleepiness. Restlessness Rising pulse. pressure. Falling blood Couvulsious. Tremors. Coma. Collapsing. Hallocination

## FIRST-AID MEASURES IN POISONING

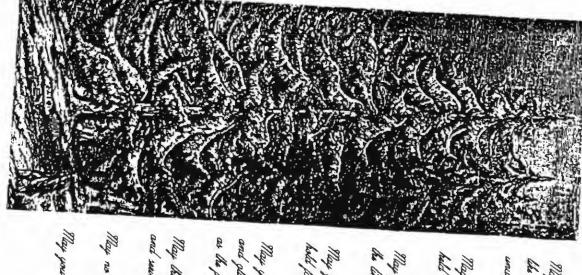
- 2. Remove and thoroughly wash all contaminated clothing. Dench the affected area immediately with loss of running water, and wash with soap if available.
- 3. If you were out in the sun when an irritation occurred, take shaded cover immediately. Some of the herbs in this book are Phototoxic, meaning they can cause severe blistering and reddening of the skin in people who take them and subsequently expose

### EYE CONTAMINATION

Wash the eye with a continuous gentle stream of luke warm water from a faucet or hose for 15 minutes.

#### INCESTED POISON

- medical treatment. If the person has ingested petroleum products (gasoline, paint thinner, lighter fluid, etc.) or corrosives (acid or I. Lay persons should not attempt treatment if the patient is drowsy, in shock, convulsing, or unconscious. Seek emergency
- serious poisonings from plants and even fewer fatalities. If you have access to a telephone, immediately call the nearest Poison 2. Identify poison. Do not panie, keep as comfortable as possible. Alleviate fear. Be rest assured that there are actually few
- the ingested poison may be expelled. Ipecae syrup or household detergent in water are all effective emetics. Ipecae syrup 3. Induce Vomiting - Vomiting is only effective for expelling ingested substances that are still in the stomach. If vomiting occurs dusage: Adult, 2Tbs. Children, ITbs. Follow with a half a glass of water. within 30min. of poison ingestion, 30-50% of the poison may be expelled. If vomiting occurs one hour after ingestion, 10-20% of
- every 17 pounds of body weight. Stir into a sturry in water and drink. Each gram of charcoal will absorb 10-100mg of poison. toxic substances, can absorb toxic substances in the body as well. Activated Chancoal Dusage: ITbs. of activated chancoal for For extreme cases of poisoning, activated charcoal is given every 5 hours for 24 hours. Yomiting is induced after each ingestion. 4. Administer Activated Charcoal after a person has vomited. - Activated charcoal, the substance used in water filters to absorb Dusages are repeated until a total of 100g of charcoal is introduced and recovered.



lke a latt tree, seeing far, universtanding, and it peace. May you sland list,

May your roots dig day into the succident fold hald to the treast of the Mother Earth,

May you dance freely in the coloured winds of autumn and hold fast to your center in the violent storms of spring, May your hardwood radials your love lo be lineal laig,

May your leaves grow, soaking warm vibrations from the sun and stiller with the sprinking moondew kisses as he fire by faires abstrale the right.

May the rain wash away your inhibitions and seeing the rainbow remind you of your predom.

May you stand tall and low down to no man. May no one ever cut you down, use you, abuse you.

ORGANIZATIONS

#### Introduction

9:30-5:30pm Hrs Mon.-Sat. National Abortion rederation Hotline: (800) 772-9100

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of publications, services, Send long SASE for a list consumer health libray and women's health issues publishes Ourselves. Maintains ind activities. Publishers of Our Bodies, membership organization. medical book consumer

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(415) 564-6799 Referral Service.

Muncapolis, MN

Scattle, WA 98195 Univ. of Washington Botany Dept.

#### GARDENS

medicinal plants. identification, and historical uses of will find experts in the of medicinal plants. At propagation, cultivation gardens such as these, one their extensive collections gardens are known for The following botanical

One Plantations Road Cornell University The Cornell Plantations thacs, New York UNITED STATES

CANADA

06511-7444 New Haven, Connecticut P.O. Box 2169 Yale University Biology Dept. Marsh Botanic Garden

Ann Arbor, MI 48105 Marthaei Botanic Gardeni 1800 N. Dixboro Rd University of Michigan

Chicago, IL 60680 Chicago Box 4348 University of Illinois at Sciences Department Herbarium, Biological

Des Moines, lows 900 East River Dr. Des Moines Botanic Garden

3675 Arboretura Dr. University of Minnesota College of Pharmacy Greenhouse

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Medicinal Herb Garden

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Lawaii, Hawaii 96765 P.O. Box 340 National Tropical Botanic Loc: Papalina Road, Kauar

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62790 Xochitepec, Morelos Calle Argentina I Seguro Social instituto Mexicano Plantas Medicinales Unidad de Investigacion de MEXICO del

44280 Guadalajara, Jalisco raccionamicato Loc: El Chaco Apartado Postal 2-216 MEXICO Centro l'ecnica Industrial Herbanio de Епаспап2

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living longer lives. This evidence indicates women must have been regulating their fertility. this period of time, women, usually married at age 13 or 14, gradually procured fewer childbirths throughout their life span while of this time period and the changes in them associated with childbirth, specifically the pitting of pubis synthesis (caused by the 3.6 average childbirths around 300B.C., and 3.3 births around 120A.D. in imperial Rome. This evidence indicates that during pregnancies for the average woman then gradually declines to 4.7 childbirths around 1500B.C., 4.1 childbirths around 1150B.C. Paleontologist J. Lawrence Angel estimates that the average women living around 2000B.C. had 5.0 childbirths. The number of apreading of the bones at this point during labor) and the scarring of the grooves where the presuricular and interosucous around 33 years old and gradually increased over time to around 37 years old in 350B.C. Scientists studying female pelvic bones ligaments attach the uterus to the pelvis, have estimated the number of pregnancies a woman had during her lifetime. bones and artifacts found at ancient habitation sites, paleontologists estimate the average woman's life span in 2400B.C. was women were controlling their fertility comes from archaeological evidence from the Mediterranean region. From studying the

promoting free sexual expression. Abortifacient herbs were often given by lovers to each other as love charms. named approdisises because of their positive ability to climinate psychological concerns associated with becoming pregnant thus enjoy in the spirit world. Herbal abortifacients were harvested annually in acxual celebration ritusls devoted to the all pleasurable memories of sexual rites. As sexuality is linked so intimately to the soul and the psyche, abortifacient herbs were encompassing Earth Mother. In both men and women, herbal abortifacients were associated in the mind and spirit with women by the mother earth, were held sacred to the people and were placed as offerings at alters and shrines for the goddesses to empowerment of women, and the standing women had in their community. Abortifacient and emmenagogual herba, given to all powers. Widespread goddess worship religious of ancient times reflected positive connections with the earth mother, the Ancient herbal abortifacients were an integral part of every culture that respected the woman, the mother earth, and her

pstriarchal suppression of women's inherent freedom to abortion today. lack of oxygen, and disease kills large groups of humans, plants, animals, and insects. We are expenencing many results of population occur. The human population swells, absorbing more and more of earth's resources, until overpopulation, pollution, the mother earth and to all her inhabitants. Without women's inherent intuitive control of their fertility, imbalances in the dawn of time to women for their use. Intuitive fertility control by women is not only a gift but is also an obligation and duty to Fertility control with herbs is an inherent right of women, because the herbs are produced by the mother earth, and given since the resources. Women's intuitive fertility control with herbs is the most naturally occurring form of population control available. bodies of young soldiers, pstriarchal systems never benefited women, or the mother earth, who were both regularly raped for their did the population swell to imbalanced proportions. Although this imbalance fueled pstriarchal religious wars and crusades with herbs to procure abortion. Only with the imbalanced control of women and their fertility through patriarchal laws and religion, matriarchal accieties. Women who felt intuitively that pregnancy was not right were not restricted in their access to midwives and Midwives procured abortive herbs for women who desired them. Population problems have never been reported in ancient

knowledge (never written down) is available from fellow wise-women who have experienced herbal abortion. Seek the advice, support, and assistance of wise-women in your area when considering herbal abortion. Much wise-woman herbs that have been used by women to regulate their fertility and fate for thousands of years. There is still so much to learn. for hundreds of years despite regulations and laws. Many women are just beginning to relearn about the inherent Mother Earth estimated 9,000,000 women, children, and men during the witch hunts of the Inquisition, has caused a great loss in herbal abortifacient knowledge. In secrecy women in strong numbers have continued their regulation of their fertility and fate with herbs The attacks on women's lives and freedoms, from the burning of the matriarchal library in Alexandria to the genocide of an

had learned so far. I hope this Herbal Abortion Handbook brings needed information on herbal abortion into a convienent uscable herbal abortion experiences. format, so with the support and assistance of wise-women, herbalists, and healers, women will have safer and more effective informative book on herbal abortifacients was definitely needed. After 500+ hours of research, I decided to put together what I herbs to learn all I could for my personal use. After weeks of researching and finding virtually nothing, I decided that an You might wonder how this book came into being. After an herbal abortion experience, I began to do research on abortifacient

consider using a protective spirit pen-name. Herbal abortion is a controversial subject, and as always, we need to use preventative expression what fellow wise-women on the earth know from their experiences with herbal abortion. For the newsletter, please of herbal abortion. Journaling, dream work, poetry, drawings, what has worked for you herbally and what has not, as well as additional research on herbal abortifacients will be included in the newsletter. Please share your expenences, and feel through who have had herbal abortion experiences and/or wish to share with, learn from, and support other women in the process and art abortion experiences and learning from the shared expression of fellow wise-women. This basic newsletter is open to all women wise-woman knowledge, I would like to coordinate a newsletter among women who are interested in sharing their own herbal There is still a lot of knowledge yet to be discovered on herbal abortion. To help bring together the wide range of

## How to Use this Book

The second Herbal section, in alphabetical order by common name, thoroughly describes 20 abortive herba commonly available in Appendixes. The first section, the Preparatory section, is an informational introduction to herbal abortion and harbal medicines. This booklet is made up of three distinct sections: the Preparatory section, the Herbal section, and the Informational the United States. The third Appendix section includes valuable sources for more information.

The PREPARATORY SECTION includes:

Review of Options - reviews the many options available to a pregnant woman.

Pro's and Con's of Herbal Abortion - some advantages and disadvantages of Herbal Abortion.

Forming a Back-Up plan in case the herbal abortion is not successful.

Nan Koehler's 'Herbal Abortion' - an excellent example of a safe, efficient, and wise herbal implantation inhibiting method. Classification of Abortifacient Herbs - groups the abortifacient herbs according to how they work in the body.

Menstrual Regulation and Berbal Abortion - describes how to wisely use herbal menstrual regulation/abortion during the first two weeks of pregnancy by avoiding unprotected intercourse around the fertile ovulation time

Pregnancy Testing - when your period is late to make sure you are pregnant.

Calculating Gestational Age - to help one make decisions and have some idea of what to expect.

Pregnancy and Herbal Abortion: Week by Week - describes in detail what is happening in the body week by week.

General Characteristics of Normal Herbal Abortions - what happens, what you might see and experience. Incomplete Abortions - characteristics of and what to do in the event of.

Finding Advice, Support, and Assistance - finding knowledgeable people to advise, assist, and support you in your herbal during an herbal abortion. Includes section on Rh-women, Abortion, and Rhogam.

When Attempting an Herbal Abortion: how to help insure your psychological, emotional, spiritual, and physical well-being

Preparing for the Future - preparations that can help to insure safe, efficient, and successful herbal abortions in the future.

Gethering Herbs - Gathering, drying, and storing herbs. Tips on avoiding dermatitis and phototoxicity.

Herbal Preparation - How to prepare Infusions, Decoctions, Syrups, Tinctures, Powdered herbs, Capsules, Vaginal Douges - Adjusting dosage ranges to your own personal characteristics, dosage discipline, and tips on taking herbal Suppositories, Poultices, and Plasters. Information on Simples and Combinations included. Purchasing Herbs

Weights and Measures

THE HERBAL SECTION lists (in alphabetical order by common name) and describes in detail 20 herbal abortifacients common to the U.S. Descriptions are organized in the following manner:

Popular common name.

Biological Family Dlustration.

Scientific name: Genus and species.

Akg: Also known as: additional common names.

Parts used: Medicinal parts of the herb.

Medicinal Properties: Special powers and virtues of the particular berbs. To decipher go to, the center of the fold in this pamphlet, if you were to open the book in the exact middle you will find the Glossary. The Glossary is placed here so that you can bend the staples and lift the list out for use when you go through the herbal sections in the book. The Glossary contains definitions of the properties of herbs. One can have some idea of the possible natural side-effects for a specific herb with knowledge of meanings of medicinal properties. For example, the herb Pennyroyal, also has the medicinal properties of being Disphoretic (causing increased sweating) and Diuretic (causing increased urination). When one takes Pennyroyal preparations, one

may experience unimation and sweaty nucles of energy as part of the natural effects of the herb. 8. Effects body: Major actions particular herb has on the body.

Contains: Chemical components

11. Description: Physical appearance of the stem, leaves, and flowers. Range of the herb in the United States. 10. Vit. + Min.: Vitamins and minerals in the herb.

12. Rechal Lore and Medicinal Uses of (Herb): Accumulation of significant facts, traditions, beliefs and the herb's use as an abortifacient

SEED STORAGE TECHNIQUES PLANT HARDINESS **ZONE MAP** 神田 あ! Rak Ca k ī i

### STARTING SEEDS

.5 The most consistent results come from sowing seed

. For small seeds, now seed on the surface of the soil, do not bury, just gently tamp down with fingertips into soil.

2. For larger aceds, press pencil craser or small dowel rod into the soil to a depth of a little over the seed's diameter. Cover seeds with a fine layer of soil. 3. Keep seeds moist with a mister or spray bottle until they germinate (1-4 weeks).

4. Cover containers with clear plastic wrap to create a mini preenhouse effect: locking in moisture and insuring that your seeds don't dry out - one of the main causes of 5. For optimal seed starting, seeds like warm moist soil and cool air. The soil of the forcest is the warmest of the year in early to mid spring, when there is no shade from the ground covers and tree leaves. It is during early to mid spring when most seeds sprout on the forest floor. To simulate the warm preenhouse seed containers on the dryer, or the top of the soil of the need's metural environment, netting the covered refrigerator will help to warm the soil. Adjustable beating ands are available at garden stores for starting plants.

germination rates, if they are dried thoroughly, sealed into an Herb seeds can be stored for many years without much loss in Place the seeds from each herb into small paper envelopes. nirtight container, and frozen or refrigerated.

2. Place all seed packets in a mason jar.

Label the envelope with the plant name, date, where collected,

3. Fill remaining space with color-indicating silica gel (ace sources).

4. Screw lid on tightly.

larger seeds. At this point seeds will be thoroughly dried. A good test is to place pressure on the seed and if it breaks 5. Let sit 4-5 days for small tiny seeds or up to one week for instead of bending, the seeds are dried sufficiently.

7. Immediately place dried acced packets into other sirtight 6. Separate seeds from silica gel. container/s, and

8. Place seed containers in freezer or refrigerator.

before opening. (If the jar is opened before it reaches room temperature, the moisture in the air will condense on the cold expose the room temperature seeds to the air for a few days so DO NOT OPEN. Let unopened jara reach room temperature When you are ready to plant, remove seeds from the freezer. seeds and cause them to absorb mointure.) Before planting, the seeds can gradually adjust to humidity levels.



abortion, and acupressure points to assist in successful herbal abortion. Make a copy of this article for your own use. abortion. Although the names of the specific herbs are removed, the article includes some priceless tips on succeeding at herbal instructional outline of herbal abortion, but never the less it is now a readily available and valuable written piece on herbal "Abortion for Beginners," Health Magazine, Nov/Dec 93, vol.7 #7, pg 84-85. This article criticizes a California woman's

brief history of herbal birth control and ancient and modern birth control recipes, available through mail order. Herbal Birth Control. 1993. Cloud Chief Publishing, P.O. Box 1664, Weatherford, OK 73096. Illustrated booklet containing a

Spirit, P.O. Box 893, Great Barrington, MA 01230. ISBN 0-96236-0-0 journaling 17 days of one woman's spiritual, emotional and physical experience with herbal abortion. To order, contact: Mother Self Rinal for laroking Release of Spirit Life in the Homb: A Personal Transic on Rinal Herbal Abortion, 24 page pamphlet

emmenagoguea, including a valuable implantation inhibiting herb not mentioned in this booklet, Smartweed Polygonum women's herbal health. Contains a Herbal Birth Control section which notes some of the safest and most effective herbal Susan Weed's Hise Homus Herbul. 1986. Ash Tree Publishing, P.O. Box 64, Woodstock, NY 12498. Excellent resource for hydropiper. ISBN 0-9614620-0-0

## MENSTRUAL EXTRACTION (and other abortion options)

extraction, also has step by step instructions and illustrations for practicing self-examination with a speculum. (For speculum WBCF, 1043 University Ave #169, San Diego, CA 92103. Informational guide to self-abortion techniques, including menatrual purchasing information, see Mail Order Sources.) When Birth Countrol Fink.... by Suzanne Gage, re-released by Federation of Feminial Women's Health Centers. Order from:

Walla Eight Windows, New York. Covers the many abortion options available to women. Detailed, illustrated section on A Homan's Book of Choices: Abortion, Meastrual Extraction, RU486. by Rebecca Chalker and Carol Downer. 1992. Four menstrual extraction.

## WOMEN'S HEALTH INFORMATION

Press. Order from: WBCF, 1043 University, #169, San Diego, CA 92103. Empowering guidebook provides essential women's health information HOW TO STAY OUT OF THE GYNECOLOGIST'S OFFICE, 1981. Federation of Feminial Women's Health Centers. Peace

Freedom breeds freedom. Nothing else does -Anne Roe, The Making of a Scientist (1952)



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- 13. Cultivation: Basic propagation and growing information.
- 14. Gathering: The best times of the year to harvest and process the medicinal parts of the herb
- 15. Preparation and Dosage: Essential information regarding dosage.
- 15a. Words to the Wise: Cautionary information that everyone should know before taking a particular herb.
- taking an herb watch for these signs (as well as the General Signs of Toxicity listed on the back cover). These signs are clear signals to decrease dosage. 15b. Specific Signs of Toxicity for (Herh): Known signs of overdose or allergy for a particular herb. When
- preparation as a simple as well as common emmenagogual combinations with other herbs. Also includes tips on additional internal and external methods of use. 15c. Preparation: Explanation of basic abortifacient classification. Also includes information on traditional

based on uniquely prescribed assistance tailored to the individual nature of the person and plant. (For more suit their needs. There are no automatically repeated prescriptions in true herbalism. Herbalism, throughout, is People who use herbs wisely rely on their body's physical clues and their intuition to adjust the herbsl dosage to environment and genetics, dosage of herbs must be tailored by the individual for their personal desired result herbal sources. This range of dosages have been commonly recommended by herbalists to access the general same herb have variations in the amounts of their chemical compositions corresponding to the plant's particular powers of the corresponding herbs. Because each person is different than every other, and different plants of the information see Dosage.) 15d. DOSAGE—(HERB) Contains average dosage guidelines, a rough average I have calculated from several

related subjects; USDA Zone map, Seed Starting and Saving Techniques for cultivation of herba; Organizations; Botanical gardens; Mail Order Sources; Bibliography; and Index. INFORMATIONAL APPENDIXES Contains a Reading List of articles and books with information on herbal abortion and 8

### Review of Options

Pregnancy is one natural healthy outcome of a women's acxuality. If you are now pregnant, you may celebrate the fact that your body is functioning in perfect harmony and balance. As a healthy women you have the capacity to create and nurture new life within yourself. One obvious option available to you is to carry the pregnancy to term. You may keep and love the baby or give the baby to a loving family to adopt.

Sometimes pregnancy comes at a time when a woman does not want to be pregnant. Women pregnant, at a time they do not wish to be, may feel stress, anxiety, fear, and maybe even panic. Slow down, take some relaxing deep breaths. Most all women, past, present, and future, become pregnant at some time in their lives and have to make a decision regarding what they want to do. This is a powerful time physically, emotionally, and spiritually. Take time for yourself so you can think. Take a relaxing bath. Go for a walk in a favorite place where you will have little distractions. Talk to trusted friends. Value how you are feeling, and respect your own process on making a decision regarding your fate. You have many options available to you. You need not Coptions available to women who do not wish to carry a pregnancy to term:

Clinical Abortions are the most common form of abortion. Clinical abortion is done in a clinic or hospital acting by trained health care professionals. A clinical abortion consists of the scraping of the uterine wall and suction to remove the placents and the embryo. Clinical abortion has been proven physically as and usually without physical complications. Many women feel the clinical hospital environment lacks the convenience and dignity of the following alternative self-help abortion options.

Menstrual Extraction is a mense regulating option available to women who are in women's self-help groups, called 'friendship groups.' Women in friendship groups that a close community of women who educate each other on proper sterile techniques, that et kills, and train by seeing and doing. Menstrual extraction is a process in which a simple device called a DEL-EM, consisting of a suction syringe, tubing, a masson jar, and a sterile flexible cannula, is used by the friendship group to gently suck the menstrual fluids from the uterus. A woman whose period is late and decides to have the menstrual extraction done is in charge of the entire menstrual extraction. She instructs her women-friends assisting her in the procedure when to insert the cannula, if the cannula should be moved, if the amount of suction needs to be changed, etc., and she can stop the procedure at any time she wishes. Through the careful use of this method by trained women's self-help groups, many women are finding menatrual extraction to be a proven safe menstrual regulating option. Long range effects of menstrual extraction are unknown, however. Unfortunately, every woman in need does not necessarily have immediate access to a self-help friendship group, but getting into a friendship group may be a future option for women to look into. (see Reading List)

Herbal Abortion, detailed in this handbook, is another self-help option available to women. Herbal abortion consists of taking medicinal preparations of reliable menatrual promoting herbs that have been used successfully since ancient times for emmenagogual (menatrual promoting) and abortifacient (abortive) purposes. The object of this Herbal Abortion handbook is to bring vital information on enmenagogual and abortive herbs into a convenient and usable resource format. Thus, women who decide upon herbal abortion will have a basic foundation of knowledge from which to draw and with the assistance and support of herbalists, healers, and wise-women, have more successful and safe herbal abortion experiences.

If you are considering herbal abortion solely on a financial basis, and would choose other options if you had more money—Stop! You deserve what you consider to be the best medical care for you. There are a few organizations that can provide direct financial assistance or low to no interest loans for clinical abortions. The National Abortion Federation Hotline 1-800-772-9100 (hours Mon. Sat. 9:30-5:30pm) can provide information on possible sources of funds and assistance programs in your area. Call Woman's Health Projects, Planned Parenthood, and any other women's health groups you can find. Ask for help. If they cannot help you, ask for a referral to other groups that might be able to. Be persistent, and think positive. Things will eventually go your way.

wise-woman, Hildegard was chosen to represent her convent as the abyss. In the abyss position "ahe stood in face to face encounters with the emperor, Frederick Barbarossa, and she even challenged the papacy." Hildegard's achievements include Scivius, 26 of her visions about the relationship between God, man, and creation; two books of medicine and natural history; hymns and canicles of which she wrote both words and music; a play; and a language of her own composed of 900 words and an alphabet of 23 letters. Hildegard regularly traveled thoughout Germany and parts of Gaul speaking to people of all classes and walks of life. Hildegard was endeared to the people, many of whom still refer to her as Saint Hildegard. To this day, Tansy is the proper to induce menstruation.

Tansy, a hardy perennial, may be propagated by dividing the old clumps in the spring or fall or by seed sown in spring into well-prepared beds of nitrogen-rich loamy soil (pH5.5-6.5) in full sun to partial shade. Tansy tolerates average to poor soil and will grow in most locations as long as they are not constantly wet. Tansy, in a good location, will spread rapidly, and if Tansy is not controlled, it can take over. Tansy is best grown on a piece of land where it can be allowed to run wild.

distinctive daisy-like flowers.

Note Terray-like leaves and

Tacay Ragword

GATHERING

Gather leaves and flowers of Tansy when in full bloom. The root may be gathered when the above-ground portions of the plant begin to die back in late fall. Gather seeda when mature. Immediately process gathered material into tinctures or dry in the ahade. Store in sirtight containers. Do not confuse Tansy Tanacetum vulgare with Tansy Ragwort Senecio pacobaea, found in the Northeastern United States and known to produce irreversible liver to the produce inteversible liver and states.

PREPARATION AND DOSAGE

Words to the Wise: Compared to other abortifacient herbs, Tanay is a relatively young abortifacient herb, meaning it has been used for abortifacient and emmenagogual purposes only in the recent past. Tanay is a very strong herb and can cause side-effects even at therapeutic doses. Use caution. Tanay has been known to cause temporary lumps in the

breasts of women who use it to promote menstruation, and Tansy can cause hemorrhage in women who normally menstruate heavy.<sup>3</sup> Tansy contains the uterine contracting and possibly toxic thujone (see Thujone). The amount of thujone in Tansy is 'highly variable, some chemical races contain no thujone, other's have up to 95% in their oil.<sup>4</sup> Because of Tansy's chemical variability, it is essential to follow safe dosage discipline: With every new herb plant, every new preparation bought or home-made, always start out at the lowest dosage to test for preparation strength and individual sensitivity, then decrease or increase as necessary. Say out of the sun when taking Tansy. Tansy is phototoxic, meaning it can produce a skin rash or blistering in individuals who have taken it and then expose themselves to sunlight. Tansy's essential oil is very concentrated. As little as 4ml (less than 1tap!) of the oil has caused death.

Watch for Signs of Toxicity Specific to Tansy: Nausea, vomiting, inflammation of the stomach lining, dilated pupils, weakened and/or rapid pulse, convulsions, coma.

Preparation: Tansy's emmenagogual and abortifacient properties are mainly derived from the infusion or incure. Tansy is taken as a simple or sometimes with Blue Cohosh and Pennyroyal.

DOSAGE\_TANSY

Standard Infusion (leaves and flowers): Steep 30min., 1/2-11sp., 3-4X a day. Standard Tincture: 1/4-1/4 tsp. (@ 20-45 drops), 3-4X a day.

Powdered leaves and flowers: 3-8 #O capsules (20-60 grains), 3-Xx a day.

1.Rittle 116-117, 2.Riddle, 116-117, 3.Wood, S. 4.Turner, 140.

It's just as hard for man to break the habit of thinking of binnself as central to the species as it was to break the habit of thinking of himself as central to the universe. He sees binnself quite unconsciously as the main line of evolution, with a female satellite revolving around him as the anone revolves around the earth. This sot only causes him to overlook valuable cues to our ancestry, but sometimes leads him to making statements that are arrant ned demonstratable nonsense. Elaine Movean, The Descent of Woman (1972)

Pros and Cons of Herbal Abortion

## PREPARATION AND DOSAGE - SAFFRON

joke that in an overdose of Saffron one could die laughing. Have an attendent with you at all times when taking Saffron for abordifacient purposes. Overdoses of Saffron are narcotic, causing changes in personality, often excessive gaiety and laughter. It is no problems, and abnormal blood clotting. (see Estrogenic) The crocetin in Saffron eigmas is toxic in large amounts. Some women have died attempting abortion with Saffron. A dose of 1/3 ounce (9 grams) or more can be toxic. Words to the Wise: Saffron is estrogenic. Estrogenic herbs may encourage estrogen-dependent tumors, liver

head; changes in personality: stupor, excessive gaiety, convulsive laughter; alcepiness; vertigo; vomiting; loss of muscular control; and loss of consciousness. As slways, reduce dosage at first sign of toxicity. Watch for Signs of Toxicity Specific to Saffron: Flush of redness to the skin; nosebleed; heaviness in the Preparation: Saffron stigmas have strong emmenagogual and abortificient qualites in early pregnancy, but

because Saffron stigmas are so expensive to purchase, Saffron is usually only used for abonifacient purposes when the woman is able to cultivate the Saffron and gather the stigmas herself.

Infusion: 20-30 sugmas per pint of boiling water. Steep 10-20min. Take in 11sp. doses, frequently

1.Ratach, 144. 2.Dulee, 148. 3.Kowulchik, 437.



Tanacetum yulgare Bitter-buttons, Hindheal, Ginger Plant, and Compositae (Composite Family)

Emmena gogue, Stimulant, Tonic. Medicinal Properties: Abortificient, Anthelminities Parts used: Flowers, leaves, seeds, and root

Parsley Fern.

expels worms. Effects body; Uterine stimulant, menstrual regulator, and

tennin with gallic acid and tenacetic acid. thujone with trace amounts of camphor and borneal; sterine; Contains: The essential oil taracetone, which is identical to

also grows in the west in Nova Scotia south to Oregon and through Minnesota to North Carolina and Missouri. Tansy in North America from Ontario to British Columbia south wastelands, wood clearings, and undisturbed nitogen-rich soils grouped together in flat-topped flower-clusters. Found on flower 'buttons', late summer to mid-autumn, appear tightly leaflets, give tansy a feathery appearance. Golden-yellow reaching 2-3ft. in height. deep-green, Tanay is an aromatic perennial with strong erect stems lance-shaped, with alternate deeply-toothed Alternate 3-4in. long leaves,

TANSY HERBAL LORE AND MEDICINAL USE

mention Tansy as having emmenagogual powers. 1 A strong mentioned as the first European woman doctor, was the first to remarkable mystic and pioneer in science, sometimes emmenagogue. Hildegard of Bingen (1098-1117), a only been relatively recently that Tansy has been used as an Compared with most of the herba featured in this book, it has floors, mattresses, and pillows with Tanay to keep bugs away. rubbed on meats to help preserve them, and people strew their preservative and insect repellant. The leaves and flowers were Tansy has been known since ancient times as a mean

### Advantages

- naturally, and are believed by many to have pharmaceutical products. The chemical components in herbs occur side-effects chan synthetic
- Empowering to exercise one's own inherent control over own body and fate.
- Herbal abortion can be done at home privately in a loving peaceful atmosphere.
- from nature, health food stores, or mail order. Most abortive herbs are readily accessible
- depending on whether you purchase or grow Monetary cost minimal to virtually nothing and gather the herbs yourself
- clinical aurgical abortion; infection, perforation Herbal abortion avoids the possible risks of if a associated risks.

of the uterua, or reactions to anesthesia.

#### Disadvantages

- Although women have been using abortive scientific studies documenting herbs for over 4000 years, there are very few aide-effects of using abortive herbs. possible
- resulting child may possibly have birth defects complications. carried to term after using abortive herba, the and/or and pregnancy are unknown. If pregnancy is Effects of abortive herbs on the growing lens the labor may possibly have
- eight weeks, the chance of having an early pregnancy, before eight weeks. After incomplete abortion increases Herbal abortion is salest and most effective in
- For women who have an incomplete abortion, a clinical surgical abortion is required, with

## Forming a Back-up Plan

masculinization and advanced bone age in later years. Laxative-purgatives and diuretics are also known teratogens. Herbal teratogens can also cause low implantation of the placenta, possibly causing dangerous complications in labor. substances in utero and as babies have developed lower sperm count as adults. Progestogens in pregnancy can cause herba) are teratogena, and can cause vaginal adenocarcinoma in female babica in later years. Male embryos exposed to estrogenic (medicines, viruses, radiation, or infection) during the first eight weeks of pregnancy. Estrogenic substances (all Estrogenic an individual. All of the embryo's bodily organs and systems are forming and are highly vulnerable to teratogenic agents The first 8 weeks of fetal growth is characterized by rapid cell division and is the most crucial time period in the development of being teratogens. Teratogens cause the development of abnormal structures in an embryo resulting in a severely deformed fetus. that the resulting child may have a wide range of mental and/or physical deformities. Herbal abortive herbs are suspected of Any woman who uses abortive herbs, fails to miscarry, and continues her pregnancy to term should be aware of the possibility

Fetuses are less vulnerable to teratogena after eight weeks, but noxious agents may arrest normal functional growth of vital After eight weeks of embryonic life, natural modifications evolve but are not as fundamental as in the previous eight weeks.

can access the information to reaffirm your Back-up plan. support. Place all information in a packet and place in a safe place where in two weeks if the herbal abortives do not work, you personal supportive words of encouragement. Ask your friends and assistants to also write down words of encouragement and you want to do if abortive herbs are not successful after 2 weeks. Write down your feelings, your back-up plan, as well as Strougly consider having a clinical abortion back-up plan if the herbal abortion by chance does not work. Plan out what

Il have heard some rumors of abortive berba that do not cause birth defects, but I am very akeptical. Seek the advice of knowledgeable herbaliats and doctors educated in women's herbal medicine.]

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# CLASSIFICATION OF ABORTIFACIENT HERBS

actions can be traced to specific chemical compounds that have been 'discovered' and named by the scientific community. The majority of actions of specific herbs have yet to be completely understood. I have categorized the abortifacient herbs in an Each individual herb has unique actions on the body. Some of these actions can be traced to certain specific properties, other attempt to better understand what I have found regarding them so far. Please remember categorizing of anything always leaves much to be desired; there are always exceptions.

Note: Not all abortifacient herbs are equal in their efficiency or safety. Some abortifacient herbs have become popular and have Sained a reputation for being safe and effective when used with respect; shese herbs are marked with a \*.

of the hormone progesterone by the corpus luteum, and cause the endometrium (uterine lining) to be unsupported to the growth of and most effective of the herbal abortifacients. Implantation inhibitors contain substances that interfere in the normal production the fertilized egg. Depending on how far along the pregnancy is, the egg does not implant in the endometrium or the already implanted embryo detaches from the unsupportive endometrium, and menatruation occurs. After studying the chemical compounds in ancient implantation inhibiting herbs, pharmaceutical companies have created synthetic chemical compounds with IMPLANTATION INHIBITORS Implantation inhibitors, used for short periods in early pregnancy, are believed to be the safest actions equivalent to many of the following ancient wise-woman implantation inhibiting herbs. The synthetic antiprogesterone RU486 is used to block progesterone and interfere with the implantation of the ovum in the uterine lining, just like the following herbs which have been used by wise-women for thousands of years to regulate their fertility and fate.

\*Cotton, root bark (anti-progesterone and anti-corpus luteum effect)

funiper, root (possible implantation inhibitor?)

\*Queen Anne's Lace, seed (blocks progesterone synthesis)

\*Rue, leaves and flowers (contains Rutin - crystalline glucoside, also called Vitamin P of the bioflavinoids)

\*Rutin, vitamin found in plants like Rue and also in capsule form in health food stores (interferes in uterine capillary permeability)

\*Vitamin C (600-1000mg an hour, a total of 6,000 - 10,000mg a day, for up to six days, inhibits implantation.)

liver problems, and estrogen-dependent tumors. Estrogenic herbs should not be used by anyone taking birth control pills, other ESTROGENIC Estrogenic herbs contain estrogen-like substances, which act to produce the effects of the female sex hormone called estrogen. Produced by the ovary, estrogen is the hormone responsible for the cyclical ovulation: increase of uterine mucous, rapid cell division of the vaginal lining, and increased sexual desire. Estrogen is the substance in the birth control pill that provides contraception against pregnancy. Estrogenic herbs can cause estrogenic-like side-effects: abnormal blood clotting, estrogen medications, or blood pressure medications.1 If you have been advised against taking estrogenic drugs, like the Pill, consult with your health care provider or herbalist before taking any estrogenic herbs. \*Black Cohosh, root (also Antispasmodic)

\*Blue Cohosh, root (also Uterine Contracting) Garlic, cloves (also Utenine Contracting)

\*Queen Anne's Lace, seed (also Implantation Inhibitor)

Saffron, stigman (also Antispasmodic)

Posegranate, seeds (contain estrone)

ANTISPASMODICS The abortive properties of the following herbs are believed to possibly result from their relaxant action on the uterus, causing inhibition of movement to such an extent that an abortion occurs.

Jumper, berries (Also Uterine Contracting-Thujone) \*Black Cohosh, root (also Estrogenic)

European Mistletoe, leaves



Crocus sativus

Iridaceae (Iris Family)

Mai Seffron Crocus, Keshar, True Saffron, and Spanish

Part used: Dried stigmes.

Diuretic, Echolic, Emmengogue, Especiarant, Leative, Medicinal Properties: Anodyne, Antiseptic, Antispasmodic, Aphrodisise, Belsemic, Cadiotonic, Condiment, Diaphoretic, Nervine, Sedative, Stimulant, Stomachic, and Sudorific.

digestive and uterine muscle, soothes nerves, and stimulates Effects body: Soothes pains, releases toxins through sweat and wine, regulates menses, excites sexual instinct, soothes the heart.

Contains: Essential oil, a crocine (the yellow dye), picrocrocine, and safranel.

Vit.+Min.: Considered to be the richest source known or Vitamin B2 (Riboflavin), also has Vitamins A and B12, potassium, phosphorous, and calcium.

Perennial Saffron grows from a corm and reaches a height of 1/2- 11/2ft. (0.17-0.5m). At the top of Saffron's stem-like Lily-like flowers have six violet petals with three dark orange to red stigmas and a pistil. The three-pronged dark orange medicinal, culinary, as well as color-dye properties. Saffron is corollas, flowers bloom briefly in the early spring or early fall. stigmas have been collected by hand for centuries for their grown in gardens throughout the United States

SAFFRON HERBAL LORE AND MEDICINAL USE

Herb of the Sun. Ancient Egyptian and Greek Goddesses and Saffron, with its deep yellow die properties, was named the protected against evil spirits and disease, and Saffron was mixed into incense used spiritually and medicinally. Saffron Gods were often described as clothed in deep yellow flowing Worn as an amulet, Saffron was used to sooth the nerves, as a kidney and liver remedy, a Saffron was said to excite "sexual desires especially in women and it was used in love magic,... 1" Saffron stigmas are often cancer.2 Saffron is commercially grown in Spain. Each Saffron stigma must be hand picked, and it takes over 70,000 enlisted in folk medicine in the treatment of tumors and is literally worth it's weight in gold; Ilb. of Saffron stigmas menstruction promoter, and an aphrodisiac. As an aphrodisiac, flowers to produce one pound of Saffron. The 'Golden Spice,' sells for a retail price of around \$8000.00. robes dyed with Saffron.

#### CULTIVATION

Saffron corms, Zones 6-9, are planted in spring or fall 3in. (7.5cm) deep, root side down, into light rich well-draining soil in full sun to partial shade. Allow 6in. (15cm) between each plant. Saffron reproduces new seedling-coms every year. In the summer of the fourth year of growth, when Saffrons' foliage has died back, dig up corms, gently separate, and plant each corm individually. Saffron corms can also be grown inside. Plant corms in a shallow pot, using rich potting soil with a little sand added. Place Saffrons on a runny windowsill, and water them when their soil feels dry to your finger one inch down from the

#### GATHERING

Carefully gather Saffron stigmas with a tweezers when the plant is in full bloom. Dry stigmas thoroughly and store in an littight container.

#### CULTIVATION

in water before transplanting as above. Rue likes to grow in the company of Sage, but dislikes Basil. in winter when grown in poor dry rubbishy soil than in good ground. 17 Rue is propagated by seed or cuttings. Broadcast Rue that the Rue atolen from a friend's garden will grow the beat!" "Rue will live much longer and is less liable to be injured by frost from beds in full sun allowing a 11/2ft. (0.5m) circle of growing room around each plant. Cutings are made in spring and rooted seed in spring into partially ahaded well prepared beds of neutral clay loam. When seedlings are 2in. (5cm) high transplant to Rue, Zones 4-9, prefers full sun, a partially sheltered location, and well-drained soil, but will grow almost anywhere. It is said

composit to stimulate new growth. 13 The best time to gather Rue's green shoots is right before the flowers open. Gather in the morning after the dew has dried. Immediately process into tinctures or dry in the shade. Store dry Rue in airtight containers. PREPARATION AND DOSAGE - RUE A mature Rue plant may be harvested several times a year if each time you harvest the leaves or shoots, you top-dress with rich

Rue and subsequently expose themselves to sunlight. (Rutin - see below) Rue, in excess, can cause kidney irritation and liver degeneration.14 Rue is known to cause contact dermatitis in susceptible individuals. Rue is also phototoxic, meaning Rue can cause rashes and blistering in people who take Words to the Wise: Anyone with heart, kidney, or liver damage or on heart medications should not take Rue.

confusion, exhaustion, severe stomach pain, vomiting, convulsions, and fatality. As always, reduce dosage at the Watch for Signs of Toxicity Specific to Rue essential oil: Rue essential oil is toxic in excess producing first sign of toxicity.

with other herbs, like Sage and Rosemary. Do not boil Ruc. for Rue has a tendency to cause vomiting due to its emetic properties. Rue is used as a simple or in combination Preparation: Rue and Rutin have strong implantation inhibiting abilities. Rue should not be taken before eating

Standard Tincture: 5-15 drops, 3-4 times a day. Standard Infusion (leaves, flowers): Steep 10min., 1-3Tbs., 3-4 times a day

Oil: 1-4 drops, 3-4 times a day.

Powdered leaves and flowers; 1-4 #O capsules, (5-20 grains) 3-4 times a day.

500mg several days before and after ovulation, or starting the day after coitus and continuing up to the beginning at most health food stores, is usually taken as a single. Dosage - Rutin: Take Rutin in tablet doses of at least the physiological expression of anxiety or fear. Rutin, available in capsule form in the vitamin Words to the Wise: Rutin, because it prolongs the action of the 'fight or flight' hormone adrenaline, may cause

Raisch, 143. 2 Walter, 233. 3.Pelca, 218,721. 4.Pelca, 188. 5.Comwsy and Stormb, 247-248. 6.Guerra and Andrada, 191-199. 7.Faznaworth, 576. 8.Spoerier, 152.
 S.Kang, Xie, But, 4. 10.Northcote, 192. 11.Northcote, 192. 12.Grieve, 695. 13.Kowalchilt, 435. 14.Spoorles, 152. 15.Wood, 6-7.



those containing Thujone. The last miscellaneous group contains the remainder of the uterine contracting herbs UTERINE CONTRACTING HERBS I've grouped the herbs that cause uterine contraction into two major groups, Oxytocic and

prostaglandina causing contraction of the uterus. (Oxytectn to a pituitary horsons that stimulates uterine contractions.) \*Cotton, root bark (also inhibits implantation) Oxytocic Oxytocic herbs induce uterine contractions by simulating oxytocin and encouraging the production of

\*Blue Cohosh, root

has been known to trigger epileptic seizures, for this reason, anyone with a tendency toward epileptic seizures concentrated form, thujone can cause delirium, hallucinations, convulsions, and brain cortex lesions. Thujone of time, thujone has been reported to cause serious personality changes, and if used in large quantities or should not use herbs containing Thujone. thujone in abainthe has been likened by scientists to Marijuana in its effects on the mind. If used for long periods neutral spirits. Absinthe's narcotic qualities caused the drink to be declared illegal in the early 1900's. The Absinthe, made by adding the essential oils of Wormwood, Anise, Fennel, and Coriander seed to high strength dangers associated with consumption of thujone. Thujone was the mind altering element in the liqueur called Thuigge Thujone is a volatile oil shown to be a uterine stimulant in laboratory animals. There are possible

Arbor Vitae, young twigs and bark (also Gastrointestinal Irritant)

Chamomile (significant amounts in the essential oil)

Juniper, berries, leaves, root, and essential oil.

Mugwort, leaves and flowers.

l'ansy, flower tops

contractions of the uterus. This miscellaneous grouping of uterine stimulants contains some well known Oxytocic and do not contain Thujone. abortifacient herbs, such as Angelica, Blue Cohosh, and Pennyroyal. Miscellaneous Uterine Contracting Herbs Many herbs that are known to cause uterine contraction are not Each contains unique chemical components of their own that cause

\*Angelica, root

\*Blue Cohosh, root (Caulosaponin causes uterine contractions, also Estrogenic)

Garlic, clove (as a vaginal suppository, also Estrogenic)

Ginger, root

\*Partley, fresh leaf (as a vaginal suppository, more info in Prep. section of Garlie) Pecuyroyal, leaf

Rosemary, leaves and flowers

Aloe Vera, extract or juice and so on, and so on, the following herbs are also considered the most unreliable of the herbal abortifacients. body. Because gastrointestinal irritating herbs abortive action is dependent upon the irritation of the inferior hemograhoidal plexus, contractions. Of all the groupings of abortifacient herbs, I believe this purgative group causes the most stress to the systems of the stimuli to the posterior lobe of the pituitary gland causing the secretion of oxytocin into the bloodstream, and thus causing uterine properties. The abortive action is believed to result from the irritation of the inferior hemorrhoidal plexus, which in turn transmits GASTROINTESTINAL IRRITATION The following berbs abortive action is related to their primary purgative and cathartic

Male Fern, root and rhizome Arbor Vitae, young twigs (also Uterine Contracting-Thujone)

comegranate, root bark

17

65

### Easily accessible apricot kernels or Vitamin C's are safely used to inhibit implantation in early pregnancy. This herbal abortion method is especially sound because by using implantation inhibitors (the safest of all abortifacients) and vaginal suppositories in the first two weeks of pregnancy, Koehler produces abortion while avoiding large amounts of herbal medicines, and the Nan Koehler's 'Herbal Abortion' how-to guide is as excellant example of a safe, efficient, and wise herbal abortion method. side-effects associated with them.

November 10, 1981

Nan Ullrike Koehler

What follows is a how-to guide to doing an herbal abortion. Land several of my friends have used this method and know it to be safe and effective.

Prerequisites for using this method:

- 1. Reep a chart of your monthly cycle in some reliable way (ovulation method, micus, basal temperature, etc.). You need to be aware of your rhythm so that you can accumitely predict your fertile and menstrual times each month.
- 2. Procedures for an herbal abortion must be started before you expect to bleed. If you wait until you have missed your period, it will be too late to use this method effectively.

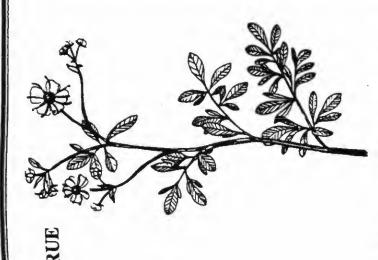
If you made love with a man during your fertile time (for example on days 10-16 in a 28 day cycle), and you do not wish to be pregnant, here is what you do:

- 1. After unprotected intercourse on a potentially fertile day, begin cating 5-10 apricot kernels 3 times a day. Continue this until your period comes. This prevents implantation. (The same effect can be achieved with high levels of Vitamin C in this way. Use more than 10 grams a day.)
- Three to five days before you expect your period, do a fast or a semi-fast (est lightly, aiming for an alkaline diet, and climinating all animal proteins). Also make an effort to be extra physically active during this time. This will give your body the direct message that this is not a time to foster the growth of a baby
- Yarrow, etc. To make the tea: Pour one quart of boiling water over one teaspoon of the herb or herbs in a glass quart jar. Do not let the tea come in contact with metal. Sip this tea throughout the day. The idea is not to poison yourself, but rather to keep the level of tea constant in your body. Again, you are giving your body the message that this is not an appropriate time for 3. Do herbal leas. Choose from the emmenagogues: Bay, Black Cohosh, Cotton Root, Pennyroyal, Rue, Squaw Vine, Tansy, growing a baby. Continue with the teas until your period comes.
- 4. Insert fresh paraley into your vagina. Wash the paraley, cut off the stems and place the paraley high up in your vagina. The herb is irritating to the uterus, and it will help encourage the period to come.

has reported success with it: Take one capsule of Evening Primrose oil (prostaglandins) 3-4 times a day. Theoretically, this will An additional method may be used in conjunction with the above steps. I have not tried this method, but my friend Jeanine Rose help soften the cervix, which open to release the menstrual flow. The oil may also be applied directly to your cervix.

In summary, this regime is simple, easy, and safe. Chart your cycle, chew apricot kernels, sip teas, work hard and take positive action to achieve your goal of self mastery.

(Reprinted, by permission, from Nan Koehler, "Herbal Abortion," Artemis Speaks: Vaginal Birth After Cesarcan Stories and Netural Childbirth Information. 496-497.)



Rutaceae (Rue Family)

Ms. Rue, Herb of Grace, Herbygrass, Southern Countymen's Treacle, and Garden Rue. Ruta gravoleolens

Antispasmodic, Aromatic, Emetic, Emmenagogue, Rubefacient, Properties: Abortificient, arts used: Leaves and new shoots Medicinal

Stimulent, and Tonic.

pervous and uterine systems, expels worms, and used as an Effects body: Improves appetite and digestion, stimulates entidote to poisonous snake and insect bites.

erborinine and pilocarpine, skimmanine, kokusaginine, graveoline, y-lagarine, dictamine, ribaline, and harmaline; caprinic, plagonic, caprylic, and cenanthylic acids; phenols, methylketones, and terpenes. Vit. + Min.: Rutin (Vitemin P). Contains: The attaloids

yellow toothed petals and green centers, appear in summer to pinnately divided, 3-5in. (7.5-12.5cm) long, often having a whitish blush. Yellow flowers, 1/2in. (1.3cm) wide, with Rue is a bush-like aromatic perennial shrub that reaches heights of 2-3ft. (0.6-1m). Rues' stem is woody in it's lower Aromatic bluish green leaves are alternate and early autumn, forming in loose clusters at the top of the plant. Naturalized from Europe, Rue is found in North America in old fields, roadsides and wasteplaces from Newfoundland south to Virginia and west to Missouri.

## RUE HERBAL LORE AND MEDICINAL USE

Rue, 'herb of grace,' was the model of the suit of clubs. The symbol of the suit of clubs is not a club but a trefoil, meaning a plant that has compound leaves with three featlets. Trefoil Rue has long been associated with the three-fold Roman goddens Diana. Diana was the Triple Goddess: Virgin Moon, Mother of all Creatures, and the Crone Destroyer as well. The name Rue is thought to be derived from the Greek reus, meaning to set free. The organic followers of Diana are known to have used the sbortifacient Rue as a love charm. Respect and worship of the triple feminine aspect of the Earth Mother was so widespread, the Christians saw the Roman goddess Diana as their competitor and called her the "Queen of Witches.2" Rue, anciently used as powerful gynecological medicine, was associated with the wise-woman midwives who were brutally harassed by Christians as witches and declared "to use Rue to brew magical drinks for causing barm.1"

In the North American Voodoo religion, Rue is sacred to Erzulie, los (goddess) of love. Sensual, pleasure loving, and a protector of women, Erzulie (sometimes compared to Aphrodite) represents the power of seduction and fertility.3 Rue, when carried in a red flannel bag, is believed by the Voodoo worshippers of Erzulie to "help protect the virginity of a female and protect the wearer against all poisons." Rue is a traditional abortifacient of the Hispanic people of New Mexico,3 and Rue infusion has been documented as being used as an abortifacient throughout Latin America. \* Rue contains a chemical substance called philocarpine, which is used in veterinary medicine as an abortifacient for horses.7 Rue also contains a substance called Rutin, or Vitamin P. Rutin, present in many plants, is one of the essential bioflavinoids that serves to help the body strengthen Rutin prolongs the action of the adrenal hormone adrenaline and decreases capillary permeability in the uterine tissues. \* Decreased capillary permeability in the uterine tissues causes the endometrium to become non-nutritive to the fertilized egg. The egg does in preventing pregnancies in female rats. The yuehckukene extract of this Rue-sister is said to look promising as a future artenes and veins and harden bones and teeth. Rutin is also known to have the power to prevent pregnancy. In large doses, not implant and abortion occurs. Chinese research on a related species in the Rutaceae family, Murraya paniculata, has shown the active substance, named yuehckukene, at a dose of 3mg/ per kg of body weight on the day after coitus, to be 100% successful postcoital intercepter." [As if Rue had not existed as an effective postcoital interceptor for thousands of years!] Rue has long been known to counter the effects of poisons and evil spirits. "The weasel, with grand knowledge of counter-poisons, arms herself with eating of Rue, before fighting a serpent. 10" [We can learn from the wise weasel and arm ourselves with the ancient wise-woman mowledge of Rue in the fight against patriarchal dominance.]

have tiny soft silvery-green hairs underneath. Small flowers, late spring to early summer, are pale blue, occasionally pink or mature. Leaves: evergreen, needle-like, aimple, opposite, leathery, 1/2- lin. (1.3-2.5cm) long, are amouth dark green on top and white. In North America, Rosemary is cultivated gardens in mild regions. Perennial aromatic Rosemary grows in the form of a shrub, usually around 3ft. (1m) tall. Branches become woody as they

OSEMARY HISTORY AND MEDICINAL USE

in Mexico as a carminative and an abortive. James A. Duke in Handbook of Medicinal Plants notes Central American folk this combo might possibly cause temporary sterility, prevent implantation of the ovum, and affect menstrustion. Rosemary oil healers used Rosemary and Arternisia maritima (which contains thujone) in combination for fertility control. The author notes that historian L. Ruetter, reported in 1923, that a decoction of Rosemary leaves, 10-20 grams in 200 grams of water, was administered powers of women and came to be despised by patriarchy. People said, "Where Rosemary flourishes, the lady rules." During the love. In European weddings, Rosemary was traditionally worn in the bride's wreath, and the bridal bed was decked with off black magic, worn as a charm against the evil eye, or placed in a pillow to dispel bad dreams. As a love charm during the held as having protective powers against evil. For protection, Rosemary was planted around one's home, used in spells to ward flowering Rosemary twigs.3 In Europe during the Middle Ages, protective emmenagogual Rosemary became symbolic of the Middle Ages, if a person tapped someone with a Rosemary twig containing an open blossom, it was believed they would fall in Rosemary branches were burnt or steamed as an antibacterial vapor in sick rooms or carried at funerals. Rosemary has long been was equated with remembrance. Rosemary was valued for its protective powers against insects, evil spirits, and sickness. the noted as being used to promote menstruction, s is reminiscent of the Biblical myth of the snake in the tree of knowledge. To the Europeans, Rosemary's aromatic enduring scent her flight into Egypt. The Sicilian belief that young fairies, taking the form of snakes, are found lying in branches of Rosemary, 500's, men were known to tear out Rosemary bushes around the home to prove that they, not the women ruled! The French and heal the sick.1 The people of Spain held that Rosemary was one of the bushes that sheltered and protected the Virgin Mary on Spiritually, shamans have inhaled the burning Rosemary smoke or chewed on the root to produce trances in which they prophesy Incensier,' indicates the common French use of Rosemary as an incense when expensive imported incenses were not available. Rosemary, in the French language of flowers represents the power of rekindling lost energy. The French name for Rosemary

containers and brought inside and placed in a sunny window during the colder seasons. Rosemary, Zones 8-10, will tolerate cold wall, in sandy, stony, or chalky well-draining soil (pH6.5-7.0). Rosemary, native to the salt spray of the sandy, rocky coastal will be ready to transplant to a permanent location. Rosemary grows best in a sunny sheltered location, like at the base of a rock allowing 1/3 of each cutting to peck out above the soil surface. Mulch over winter. In the next autumn the young Rosemary plants temperatures to OFF. Rosemary is easiest to grow from cuttings taken in August. Plant 1/3rds of the cutting down into sandy soil, regions of the Mediterranean, must never be allowed to dry out completely. Rosemary is considered a tender perennial, being sensitive to extreme cold. For this reason, Rosemary is often grown in

flowering. Immediately process into tinctures or dry in the shade. Gather the sprigs or leaves of Rosemary off well-established plants ideally when they are just about to flower or during

are very concentrated; death from ingestion of Rosemary essential oil is possible. Words to the Wise: Rosemary's essential oil can cause psychoactive, inebriated effects. Caution: Essential oils

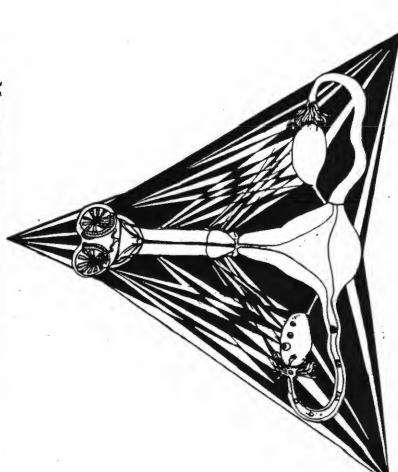
honey. A vacuum thermos is great for steeping infusions long periods. Electric crockpots with lids are great for or easential oil. Rosemary can be used as a simple or with other herbs like Sage and Rue, or as a carminative with gastrointestinal irritation, nausea, and vomiting. Watch for General Signs of Toxicity on back cover, too. long simmering herbal decoctions. Preparation: Rosemary's abortifacient properties are historically derived from ingestion of Rosemary's decoction Watch for Signs of Toxicity Specific to (Rosemary essential oil): Changes in personality, stupor, One source suggests Rosemary with a few Lavender flowers, and maybe a slice of lemon and some

DOSAGE-ROSEMARY

Oil: 1/2-2 drops, 3-4 times a day. Standard Tincture (leaves): 5-15 drops, 3-4 times a day. Standard Decoction (leaves): Simmer at least 1hr., 2-3Tba., 3-4 times a day Standard Infusion (leaves): Steep overnight, 2-3Tbs., 3-4 times a day

Powder: 4-10 #O capsules, 3-4 times a day.

1.Кынж. 175. 2.Рынкын, 242. З.Мерет, 20. 4.Сынкельп, 311. 5. Ruelter, 232. 6.Duke, 412. 7.Мирет, 175



## Menstrual Promotion and Herbal Abortion

regulation were ruled, women commonly referred to herbs used to produce abortion as 'emmenagogues,' thus protecting their by women to protect their freedom for hundreds of years. In times of patriarchy, when women and their inherent rights to fertility rights by not drawing attention to the fact that they were regulating their own fertility. emmenagogues do not siweys cause abortion. The dichotomy in the meaning of these two herbal properties has been used wisely defined as any agent that encourages menstrustion.) Abortifacients, on the other hand, are defined as any agent that produces herba, often used specifically just to promote menstrustion, cannot be said to be exactly the same as abortifactions, because emmenagogue, comes from the Greek men, or moon, which gave rise to the Greek emmena, or menues. (Emmenagogues are also produces a menstrustion. Every herb that is an abortifacient can be said to be an emmenagogue as well. But emmenagogual abortion. The herbal properties abortifacient and emmenagogue are almost synonymous, because any herb that causes an abortion Since ancient times, women have used herbs with enumeragogus! properties, to promote menstrustion. The herbs! property,

period. More clotting and cramping is circumstantial evidence that the menstrustion ended a pregnancy. menatruation usually occurs at her normal time, perhaps with a little more clotting and cramping than her average menatrual weeks of pregnancy. If a woman is pregnant, and she takes abortifacient herbs in the first two weeks of her pregnancy, of being teratogens (see previous page). Most fertilized eggs abort when subjected to teratogenic agents during the first two and emmenagogual herba are so successful at producing abortion in the first two weeks of pregnancy is these herbs are suspected pregnancy.) Using emmenagogues during the first two weeks of pregnancy is usually very effective and relatively safe at causing abortion, as the pregnancy is not fully established and implantation often can be prevented. Another possible reason abortifacient day of the expected menutruation. (The two weeks before your expected menstrustion are also the first two weeks of any given Emmenagogual herbs are known to be most effective at promoting menatruation when taken in the two weeks before the first Oueen Anne's Lace - Rosemary

S

pregnancy are unable to use pregnancy testing to confirm whether or not they are pregnant. This can be a disadvantage. If a woman is not pregnant but believes she might be and uses abortifacient herbs to cause abortion, she uses herbs when they not needed. Using herbal abortifacients when they are not needed should be avoided, as the long term side-effects from repeated use of abortifacient and emmenagogual herba are unknown. Unnecessary use of abortifacient and emmenagogual herba can be ovulation. By avoiding unprotected intercourse during ovulation, most women are consistently able to avoid pregnancy. The ecurate after the beginning of the third week of pregnancy. Women who use abortive methods in the first two weeks of only time these wise-women use emmenagogual herbs is when they believe they might be pregnant because they happen to have Using emmenagogual and abortifacient herbs in the first two weeks of pregnancy is most effective, but pregnancy tests are only prevented by using the contraceptive method of avoiding unprotected intercourse during the most fertile time of the monthly cycle, unprotected sex during their fertile time of ovulation.

Accurate prediction of the monthly fertile time of ovulation is essential to wise use of abortifacients. Ovulation can be

predicted with knowledge of your length of cycle and the day you expect to menatruate.

cycle is only an average. Many women regularly have cycles of a few days over or under 28 days. Record the day you begin to menatruate every month. Count the number of days from the beginning of one period to the beginning of the next. This is the month, but have a cyclic range within their period comes. To calculate your average length of cycle, figure your length of cycle The average length of cycle from the first day of one period to the first day of the next is 28 days. Be aware that the 28 day length of cycle you can anticipate for your next period. Many women do not regularly cycle the same number of days every for at least six months and average.

Orulation occurs 14 days before the first day of the next mentitual cycle or (less accurately) 10-16 days after the first day of the last menstrust cycle. Ovulation, the time when an egg is released from the ovary, is characterized by body basal temperature around their fertile time of ovulation. For contraceptive purposes, it is necessary to be protected at least 3 days before and after (a temperature every day in the morning before one gets out of bed, ovulation can be seen by an fluctuation of body temperature around ovulation. Many women, who do not want to become pregnant, make sure they use protection if they have intercourse total of 6 days) expected ovulation time, a longer range can be used for more protection. Sperm can live in the body for three fluctuation, increased vaginal mucous (long stringy, stretchy mucous) and often increased sexual desire. By recording resting body days, and the exact time of ovulation can vary month to month. Some women, who wish to avoid pregnancy, avoid intercourse completely for at least 3 days prior and 3 days post their expected ovulation.

Like all contraceptive methods, avoiding unprotected intercourse around ovulation is not always fool-proof. One day when I couldn't believe it - I became pregnant at the beginning of my period! If you find you are very fertile, and you do not want to become pregnant, it may be best to avoid sex without some form of contraception. Remember, because the long term side-effects was just starting my period, just a bit of pink mucous starting, I thought for sure I was not at a fertile time. After unprotected intercourse, my period stopped, and I and began to feel some physical signs of pregnancy in the next week, tender breasts, etc. I of using abortifacients and emmenagogues are unknown, the use of emmenagogues and abortifacients should never be habituated as a primary means of contraception.

For women who have missed their period and suspect they might be pregnant, the first step in making a decision regarding and are usually accurate on the day of your expected menatruation, approximately 14 days after conception. The most important thing is do not procrestinate. Find out whether you are pregnant or not, so that you can make a decision regarding the pregnancy. If you have missed your period, you are most likely already in your third week of pregnancy. The ancienta pregnancy is to find out whether or not they are pregnant. Home pregnancy tests are available at any pharmacy for under \$20,00, commented, as herbalists do today, that herbal abortion is relatively easy in the first month of pregnancy but becomes progressively more and more difficult as the pregnancy becomes established, so time is of the essence.

## Calculating Gestational Age

Woman can have some idea of what she might expect in her herbal abortion if she calculates the gestational age, the time in weeks that the pregnancy has progressed. The execute the elements in the time the majority of women conceive pregnancy. To calculate the gestational age figure out the day you ovulated and conceived: count back 14 days from the day you expected to get your period, or figure (less accurately) the beginning date of your Last Normal Menstrust Period (LNMP) and count forward 10-16 days. Record the date you ovulated, and note how many weeks the pregnancy has progressed (the Gestational Age.) Knowing the gestational age of the pregnancy and fetus is a valuable tool when making decisions and knowing what to expect egarding herbal abortion.

implantation, and thus inducing menstruation. Queen Anne's Lace's seed terpenoids are recorded as having been studied as a promising substance in the development of a postcoital antifertility agent.) Pharmaceutical companies strive to create unique cites in the uterine lining, depriving them of the progesterone needed to make a nutritive bed for the fertilized ovum, preventing chemical compounds in order to obtain a patent, so that they have soul rights for distribution and profiting off their unique everywhere. Synthetic medicines often cause more side-effects than the time-tested natural remedies. RU486, a synthetic agent, for thousands of years by women around the world. Time-tested proven safe and effective, when used the day after to compound. Natural medicines, even if easily available and naturally forming, are not profitable to patent for they grow pharmaceutical antiprogestin, has caused on occasion heavy bleeding requiring blood transfusions, and in one instance, RU486 when combined with prostaglandins caused a heart attack and death in one French woman who was a heavy smoker. Queen Anne's Lace seed, a naturally forming antiprogestin, has a history of having been used with no noted side-effects as an antifertility prevent implantation, Queen Anne's Lace seed is natural and free, growing prolifically in the temperate zones of nearly every continent in the world. Queen Anne's Lace seed brings the inherent right to freedom of choice that is every woman's birthright. No woman, as long as the Queen Anne's Lace grows, must be tied to a government or a pharmaceutical company to safely regulate her fertility. CULTIVATION

grow Oueen Anne's Lace, collect mature seeds off the plant in the fall and sow into well prepared beds of sandy well-draining Queen Anne's Lace likes to grow in sunny open areas in semi-dry sandy soils and is often found in rocky soils near the sea. To soils in full sun to partial shade.

Gather Oueen Anne's Laces' mature seeds when ripe in the fall. The leaves of Queen Anne's Lace are used, usually in combination with other antilithics, in the treatment of urinary stones. Leaves are traditionally gathered prior to flowering. Dry Always use an accurate feild guide when gathering Queen Anne's Lace; many poisonous look-alikes exist in the carrot family. beeds and leaves thoroughly, out of direct sunlight and not by artificial heat. Store in airtight containers.

## PREPARATION AND DOSAGE

Words to the Wise: Queen Anne's Lace is estrogenic (see Estrogenic). If you purchase Queen Anne's Lace seed make sure the seeds are organic and are not treated with any chemicals to increase germination rates.

Watch for General Signs of Toxicity listed on back cover.

Preparation: Queen Anne's Lace seed prevents implantation and interferes with proper development of the endometrium (uterine lining), thus causing abortion. Queen Anne's Lace is usually used as a simple.

DOSAGE-OUEEN ANNE'S LACE

Eat 1tsp. Queen Anne's Lace seeds or drink them down in a cup of water the day after unprotected sex to inhibit implantation. One teaspoon can also be taken daily during ovulation or for up to one week to inhibit mplantation.4

1. Perved, 77. 2. Kong, Xie, and But, 18-19, see also Kaliwal, Abroad, and Ruo, 74. 3. Kard, Jucob, and Lobia, 36-41. 4. Wood, 6.



### Labiatae (Mint Family) Rosmarinus officinalis

AKA: Rosemary, Rosemarine, Polar Plant, Compass Plant, and Incensier (Old French)

Parts used: Leaves and flowers.

Enmenagogue, Expectorant, Nervine, Stimulant, and Tonic. Contains: Essential oil ledole palustrole, hyperoside, arbutin, Medicinal Properties: Antispesamodic, Arometic, Astringent, Effects body: Soothing to digestive and rapiratory systems, stimulating to heart and uterus, strengthens nervous system, promotes liver function and the production of bile. Chola gogue, Cephalic, Carmina tive,

Vit, + Min. High in calcium, also contains magnesium, myrcene, querceyin, and several alkaloids.

phosphorous, iron, potassium, sodium, zinc, and Vitamins A

sound of grains crackling inside they know that it is ready for picking." Root bank is best gathered at the end of the fruiting season, just after the leaves turn brilliant yellow. Pomegranate fruit when the rind becomes yellow to red brown. "Experienced growers slightly press the fruit and if it gives the stem with clippers so not to damage the fruit bearing nodes which have the capacity to bear fruit for many years. Harvest Pomegranate trees usually fruit after 5-7 years of growth and continue for at least 30 years. Fruit should be snipped from the

to inflammation of the optic nerve.\* Use Caution. The blindness caused by Pomegranate roots, usually temporary but occasionally permanent, is thought to be due Words to the Wise: Pomegranate roots have caused blindness in some people who have used them medicinally.

vomiting, prolonged and abnormal dilation of the eye, dimness of vision, and loss of vision. Also, as always watch for General Signs of Toxicity listed on the back cover. Watch for Specific Signs of Toxicity for Pomegranate Root Bark: muscle weakness, dizziness, nauses,

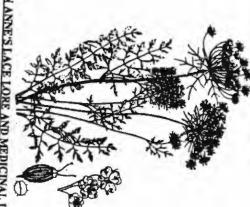
and healers specializing in women's herbal medicine. Pomegranate root bark is noted as having been used as a have yet to find any dosage references for Pomegranate rind. Please seek the advice of knowledgeable herbalists Preparation: Pomegranate fruit rind have been used since ancient times as an antifertility agent. Unfortunately, I

emmenagogue; 10 please note above cautionary information on Pomegranate Root Bark before using.

Infusion (root bark): Pour I cup boiling water over I up. root bark (cut small), Steep covered 20min., take cold 3-4Tba. frequently, up to max. I cup a day

l. 2 Kings 5:18. 2.Walter, 646. 3.Walter, 201-202. 4.Walter, 218-220. 5.Walter, 786. 6.Walter, 366, 804. 7. Hamilton, 226. 8.Simmons, 284. 9.Speeche, 143. 10.Snaart 121.

QUEEN ANNE'S LACE



Daucus carota

Umbelliferae (Carrot Family)

Lace Flower, Devil's-plague, Paranip, and Rantipole. Aka: Queen Anne's Lace, Wild Carrot, Bird's or Crow's Nest, Part used: Seed.

Estrogenic Medicinal Properties: Antiertility agent, Emmenagogue, and

DESCRIPTION

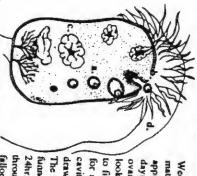
fields, old meadows, pastures, and waste places. Queen Anne's Lace is a very common weed found in dry United States, with the possible exception of North Dakota. Queen Anne's Lace has spread to every state in the continental rest. usually deep pink to purple. Introduced from Eurasia, flower in the center of the umbel is deeper colored than all the umbels maturing to concave seed-covered umbels. One tiny leaves made up of feather-like segments with many lobes (5mm September) in 2-4in. (5-10cm) wide in flowering flat-tops long), somewhat hairy. Tiny flowers, white to pinkish, (June to hollow, ridged, bristly stema which bear alternate or basal Queen Anne's Lace, biennial, has erect, 1-3ft. (0.3-1m) high

QUEEN ANNE'S LACE LORE AND MEDICINAL USE

synthetic antiprogestin, has the same action as the natural Queen Anne's Lace seed terpenoids, blocking the progesterone receptor seeds have been shown in Chinese laboratory tests to block progesterone synthesis in pregnant animals. The RU486 pill, a gather enough seed for their use throughout the following year. The day after sexual intercourse, women who do not want to be water/seed mixture or chew on the dried seeds of Queen Anne's Lace to reduce fertility. The tempenoids in Queen Anne's Lace pregnant take itup. of the dried seeds in a glass of water and drink the mixture. In India, women in Rajasthan, take the same Anne's Lace seeds to regulate their fertility for hundreds of years. In the autumn when the seeds are ripe, Appalachian women noted a connection with affairs of love!.\* In North America, women living in the Appalachian Mountains have used Queen menses and abort the embryo, take Queen Anne's Lace seed.\* The ancient Greeka called Queen Anne's Lace "Phileon' and his Meteria medica that Queen Anne's Lace Daucus carots had emmenagogual and abortifacient powers, "To bring forth the Queen Anne's Laces' abortifacient powers have been known since ancient times. Dioscorides (1st or 2nd century A.D.) noted in

Pregnancy Week 1 Oxulation and Conception

\*Age in weeks refers to the Gestational Age, the time in weeks since ovulation/conception



c. formulion of corpus luteum

Ovarium Monthly Cycle the sperm, and secrete enzymes which loosen the protective follicle cells around the ovum to ovulation, remains elevated when an ovum is fertilized. growing embryo. A woman's basal body temperature, which normally fluctuates a bit higher during luteum causes rapid cell division of the endometrium (lining of the uterus) to make a fertile bed for the function is to produce the hormone, progesterone. The progesterone secreted by the corpus make waves moving the fertilized egg along its 41/2in. (11.25cm) length to the uterus. protects the growing and dividing group of cells as the fallopian tube muscles gently contract to expose the egg to the aperm for fertilization. After fertilization, the fallopian tube nourishes and Meanwhile in the overy, the follicle that released the ovum forms into the corpus futeum, whose through the uterus, up the correct fallopian tube, and finds the egg within the folds of the fallopian tube that arrows of the fallopian tube. 24hr. period, one of the millions of sperm swims up the vagina, through the cervical os, cavity, wave-like movements of the citia (tiny finger-like projections inside the fallopian tube) funnel shaped mouth of the fallopian tube. When your partner ejaculates sometime around this The ovum is capable of fertilization during a period of up to 24hm, when the ovum is at the draw the ovum into the flower-like mouth opening and down the funnel of the fallopian tube. to find an ovum released by the opposite ovary if the other fallopian tube is damaged or blocked look very still, but this is not true. Fallopian tubes are so agile; one tube has the capacity move ovary and abdominal cavity for the released ovum. In pictures and drawings fallopian tubes for some reason. When your fallopian tube finds the ovum floating around in the abdominal days after the first day of the last menstrual cycle). Your fallopian tube, searches around the approximately 14 days previous to the first day of the next menstrual cycle (or between 10-16 mature ovum (an egg enclosed within follicle cells) into the abdominal cavity. Ovulation occurs Week I begins when you ovulate, the monthly time when a follicle in your ovary releases a The folds of the fallopien tube that surround the ovum, sense the closeness of

Pregnancy Week 2 Embedding of the Embryo

(about the size of this O). The progesterone secreted by the corpus luteum also causes growth of the milk blood to support the growing ovum and chorionic shell, which at the end of this week has a 2.5mm diameter cells of the fertilized egg that touch the endometrium, begin to divide rapidly to form a spongy network and the first two to three days of Week 2, the endometrium is prepared, and the fertilized egg implants. The The rapidly dividing fertilized egg, is floating around in your uterus at the beginning of Week 2. With the ducts in the breasts. Some women may begin to notice a tingling sensation in their breasts at this time. apongy layer of cells, called the chorionic villi. The chorionic villi begin to absorb nourishment from your reach an increasing number of maternal blood vessels. Your blood begins to flow freely through this thick corpus luteum's accretion of progesterone, your endometrial lining is becoming rich and nutritive. During

Herbal Abortion Weeks 1+2 Implantation labibitors and Emmenagogues

normal to heavy, possibly with more clotting than usual. The very tiny ovum usually passes unnoticed amidst the menatrual the first two weeks of pregnancy usually cause the pregnancy to terminate. The appearance of the menstrual blood is usually teratogena, substances that cause the development of abnormal structures in the embryo. Teratogens in the woman's system during the first two weeks of pregnancy are often successful at producing menstrustion. Many emmenagogual herbs are believed to be fertilized egg does not implant; and a women menstrustes as usual on her moon cycle. Other emmensgogus! herbs used during forms the nutritive lining of the uterus. Thus, the lining of the uterus does not grow to be supportive to the fertilized egg; the Queen Anne's Lace, Rue/Rutin, Cotton Root Bark, or Vitamin C block, alter, or interfere in the production of progesterone which Herbal abortion is easiest and safest to accomplish during the first two weeks. The use of implantation inhibiting herbs like Pomegranate

## Pregnancy Week 3 "Am 1 pregnant?"



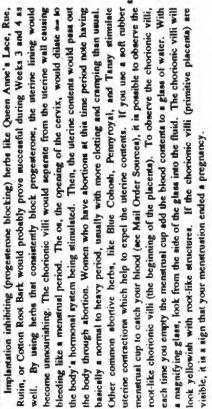
uterine wall is nourishing the fertilized ovum which now measures about 1/4in. (Jmm) in length and is Your period is late, and you might be wondering if you are pregnant. During the third week, 1/11 th of the covered with the fine root-like threads of the chorionic villi. The chorionic villi have begun to produce quantities of a hormone called human chorionic gonadotropin (CG). Pregnancy tests taken during Week 3 or later, detect any presence of the hormone CG in the urine. If there is any CG in the urine then the pregnancy test is positive, thus indicating that a woman is pregnant. No human characteristics can be seen on the 2mm length of the rapidly forming embryo.

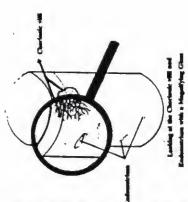
## Pregnancy Week 4 "I'm pregnant!"



After one week of not getting your period, you may have done a pregnancy test. The pregnancy test picked breasts may be feeling tender to the touch, and your vagina and cervix may be turning a bluish to violet color. Pressure on the bladder and increased urination may be noticeable now. The uterus has grown to up Incea of the human chorionic gonadotropin (CG) that the chorionic villi are producing, and you know now that you are pregnant. Physical signs are becoming evident. You may have morning nausea, your about the size of a plum. The fast-growing embryo has a 3/4in. (4mm) length.

## Herbal Abortion in Weeks 3+4





## Pregnancy Weeks. 5+6 Making Decisions



some physical signs of pregnancy may subside (like nausea) but other signs may become more noticeable to to be thick and acid. The embryo's arms and legs begin to form during the fifth week. From top of the head to tail bone, the fetus grows to a Q'/,in. (5-8mm) in length during the fifth week. During the 6th week, the and amail 'bumps' or nodules, called Montgomery's tubercles, may begin to develop around the nipple in the circular areolar area. The chorionic villi in the endometrium continue to proliferate and begin to form The majority of women who obtain clinical abortions do so during Weeks 5 and 6. During the 5th week, many women. The nucous plug begins to form in the cervical os during week 5. Vaginal secretions tend breasts become noticeably larger, and may feel tighter and tense. The nipples may become more prominent, the placenta. Facial features form, and the heart becomes established and begins to beat in the!/4 -!/.in (8-15mm) embryo during the sixth week.

beautiful. She felt swept toward it as the narcissus's fragrance enveloped her. As she came closer and closer, the flower became more and more entrancing. Instantly, the ground began to rumble, the earth fell away, and in shock, Persephone watched Hades ride out of a chasm driving his coal black horses. Hades grabbed Persephone and plunged down into the chasm from which he and nights Demeter (carrying a lighted torch, an ancient symbol of anger) combed the earth and fasted, taking no part in the came into the black depths of the underworld. The earth's surface closed over them choking off Persephone's screams. Demeter, who had been away from Sicily when Hades kidnapped Persephone, had no idea what had become of her daughter. For nine daya pleasures of bathing or cating. Finally after combing the entire earth, Demeter went to the sun, and the sun, who had seen what had happened, told Demeter the whole story. Learning that Zeus was involved, Demeter withheld her gifts to the earth, and the land became barren, icebound, and lifeless. Demeter's tears turned into crystal snow, and the land was covered with a blanket of sadness. That year was the worst year for all the creatures of the earth. Nothing grew from the grieving soil, no seeds, no flowers. The earth was dry and lifeless. Zeus began to fear that the whole race of men would die of famine and sent god after god to Demeter to tay to turn her from her anger, but she would listen to none of them. Never would she allow a single plant on the entire earth to bear fruit, until Persephone was returned to her. Zeus sent Hermes, messenger to the Gods, to the underworld Demeter and Persephone were so happy to see one another again, but when Demeter heard of the Pomegranate Persephone was to bid his brother Hades return Persephone. Before Persephone could leave, Hades made Persephone est some Pomegranate. When Persephone appeared at the surface with Hermes, there was much rejoicing by all the people and creatures of the land. forced to eat, which would keep her daughter, the virgin Spring Goddess infertile, she cried in anger fearing she would not be able to keep her daughter with her. Demeter, angry at the injustice done to the women of her family, retreated to her temple and wept. Rhea, the mother of Zeus (also know as Cybele), drove her winged chariot to Demeter's temple to comfort her.

Come once again to where you will have your desire, your daughter Persephone, to comfort your sorrow As each year is accomplished and biller winler is ended, "Come, my daughter.

For a third part only the kingdom of darkness shall hold her. For the rest you will keep her, you and the happy immortals.

Give men life which comes alone from your giving.""

current controversy over the RU486 pill, a pill that embodies the freedom so many women held down by the oppressive Pomegranute can be seen as a key to freedom out of Persephone's male dominated oppression, but the fact that Hades has control in giving the Pomegranate to Persephone tiea Pemephone's fertility to Hades for all time. This can be likened to the Even if the pill that embodies freedom is 'allowed,' every time a woman wishes to regulate her fertility with the RU486 pill she must return to an 'authority' and thus becomes less in tune with inherent knowledge of control over her own body and fate. As patriarchal system so desperately desire. Women's fertility has been controlled by a male dominated medical and governmental the male-dominated medical and governmental system is not kind to women, whenever the system dictates, the regulation of her fertility and fate may be withheld or taken away. Pharmaceutical pills are not better than herbal remedies. Remember those system which may or may not, depending on the interests of the male dominated state, 'allow' women to have a synthetic pill. I.U.D's, unnecessary episiotomy, hysterectomies, and caesarian sections; unnecessary chemical drugs in labor: Pitocin to speed labor up, etc., and forceps deliveries which can cause permanent brain damage to the baby. We must be cautious of all medicines, especially those regulated for our use. Herbal remedies are safer, less expensive, and more accessible than Note: Taking of the spring virgin's freedom, stifles all life on the earth mother. Like Demeter, some women who choose abortion pharmaceutical products and medical practices of the past that were declared to be safe for women: diethylstilbesterol (DES), instintually withhold giving of life to the earth because the maiden spring virgin has been wronged and women's freedom has been pharmaceutical products because the woman is rightfully in control of all aspects: growing, gathering, preparation, and dosage. kidnapped through male dominated system of patriarchy.

year old wood 10-12in. (25-30cm) long and about 1/2in. (7mm) diameter. Remove leaves, and plant in loose, well-draining soil in warm shady spot. Water regularly. Protect with mulch over winter season, and in the spring, transplant young treat to a more permanent location. Pomegranates require continual warmth to fruit. In cooler areas, plant Pomegranate in a greenhouse or in well-draining soil in a sunny location against a wall for extra protection and warmth. Manure in spring. Pomegranates tend to Propagation by cuttings from a good quality Pomegranate tree will produce the best fruit. Take cuttings in late spring from one send up suckers around the base. Suckers rerely fruit and tend to sap energy from the other fruit, so many gardeners trim them back. Pomegranate trees grown for fruit are usually pruned; the goal of pruning being to build a sturdy, stocky framework with the weight of the branches evenly distributed on the trunk.

opposite or alternate 2in. (5cm) long leaves: bright green, ahiny, and lance-shaped. Out of the axila of some of the leaves arise abort stalks and protective thick fleshy bell-shaped calyxes which give birth to Pomegranate's beautiful flowers. Large, up to 2in. (5cm) wide, bave 5-7 petals surrounding a circle of very numerous alender stamens. Standing in the center of the numerous pollen covered stamens stands a single female stigma which leads to a complex many chambered overy. The fruit, ripening 5-7 months after the appearance of the blossom, grows to a size of a large orange and has a hard yellow-red leathery rind. Inside, each of the many encapsulated seed-crystals are filled with the refreshing sweetish-acid pink Pomegranate juice. Pomegranates are now established in Florida and can sometimes be found on old southern homesteads, also grown commercially in California.

EOMEGRANATE HERBAL LORE AND MEDICINAL USE

suit of diamonds or pentacles in a deck of cards. The diamond suit, today, is believed to represent courage and energy. evolved to pome granate, meaning applies with many seeds. The seed crystals of Pomegranate were the original symbol of the of Eden. The early Latin name for Pomegranate was melum punicum, meaning 'the apple of Carthage.' Pomegranate's name antifertility agent. Pomegranate, with it's strong powers of woman principle, may have been the forbidden apple in the garden not to point to rational usage by rational people. The ancient's Pomegranate was, according to their world and ours, an Contraception and Abortion from the Ancient World to the Renaissance concludes, "the coincidence is too great for this reference guinea pigs with Pomegranate fruit rind have shown a 72% and 100% loss in fertility respectively. John M. Riddle in promote infertility. Abortifacient qualities of Pomegranate have been confirmed by scientific testing. Scientific tests on rats and all fruit, and in another aspect, Pomegranate had the power to take away pregnancy, bring back menstruation, and temporarily dual-fold cycle of life death of the Mother Earth. In one aspect, Pomegranate with its infinite seed crystals was the most fertile of have been used since ancient times. With Pomegranate's abortifacient and fertility powers, Pomegranate was held symbolic of the Pomegranate - for it purges the system of envy and hatred." Pomegranate's abordiacient powers, held in the fruit rind and root, Nabu-Rimmani, who is credited with instituting the menstrual-lunar calendar.2 Mohammed of Islam stated "Eat of the genital shrine. Pomegranate was said to have formed from the union of the Great Mother's Yoni and the Babylonian phaltic deity infinite you, pouring forth all life. An early name for 'Pomegranate' was Rimmon, a biblical name for the Goddess's sacred fertility. With its infinite seed-crystals and its blood red color, Pomegranate's genital-fruit anciently symbolized the Goddess's embodies the power of wonan and the power of the Mother Earth. From the earliest times, Pomegranate has been a symbol of Pomegranate, anciently sacred to the worshippers of Cybele-Rhea - the Original Mother - Mother of all Goda - Mother of Zeua



One of the best known stories in mythology follows, indicating the symbolic significance of Pomegranate's abortive powers. In this patriarchal myth, the power and strength of female earth principle is exhibited along with devastation brought to her by patriarchal domination and oppression. Note: Many of the Goddesses in this late patriarchal myth, are Goddesses that existed long before any of the male figures. Obele or Rhea was the original mother, Mother of all the gods, mother of Zeus. Demeter was the triangular form of the Goddess: Virgin, Mother of all the gods, mother of Zeus. Demeter, was the triangular form to the oldest of the Egyptians and Sumerians. Persephone was worshipped as the Queen of the Underworld, the crone aspect of Demeter, long before the patriarchal invention of the gods, Zeus and Hades. Even Hades, also called Pluto, was originally a female whose riches poured out of her breasts onto the world. Much of the information and the myths of the peaceful matriarchal cultures has been lost. With patriarchal domination, the myths were changed to suit the needs of the all-male state.

## PERSEPHONE AND HADES

Zeus's brother Hades, Lord of the Underworld, desires a wife. Every woman Hades asks refuses to go into the dark underworld where there is no growth, no flowers, none of the beautiful life that abounds on the surface. The one woman Hades wants most is Persephone, Demeter's daughter, the maiden of spring. On sunny days when Persephone was not busy with her duties of tending to spring, she could be found with her sisters, care-free and happy picking flowers on the fields of Sicily. Persephone wandered through the fields of flowers laughing with joy, picking flowers that especially caught her eye. Zeus, to help his brother Hadea capture Persephone, called into being a purple and silver narcissus, (purple being in the ancient holy color of women's menstrual blood and silver the color of the moon). This narcissus was so beautiful no woman would be able to resist coming closer once they saw it. When Persephone's eye eautiful the purple and silver narcissus, she was swe struck. She had never seen anything so

Pregnancy Weeks 7 and 8 Marked Fetal and Placental Development

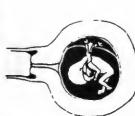


During the 7th week, the established placents begins to produce its own estrogen and progesterone. The corpus luteum having produced estrogen and progesterone up until this time period, begins to cease production in most women. The chorionic villi outside the placents degenerate and the chorion (the sace that the produced estrogen and progesterone up until this time period, begins to cease membrane) becomes smooth. The head of the embryo grows significantly due to the beginning of intense about 4 grams. By the end of the eighth week old embryo has a @ 1/2 in (1.6-1.8cm) length and weight embryo is now @ lin. (3cm) in length and begins to take on a human appearance. The hands and feet are about the size of a small chicken egg. By the eighth week, the Montgomery's tubercles around the nipples become pronounced and begin to secrete sebum, to keep the nipple soft and pliable in preparation for nutraing.

## Herbal Abortion Weeks 5 through 8

The effort required to be successful at an herbal abortion increases as the pregnancy becomes more and more established. The caution. Strongly consider clinical abortion. In my first herbal abortion, I was in the sixth week when I started taking herba, and I was successful after one and a half weeks of constant medicating (day and night). When the abortion was well under way, I passed a purplish iridescent sac about the size of a grape the second day of bleeding and a placenta the size of a quarter a low this time period was unplanned, the body's memory of past menatruated if I had not gotten pregnant. Although aborting a termbed, the addition of strong uterine contracting emmenagogues like Blue Cohosh, Pennyroyal, or Cotton Root Bark would the excelled and the uterus clamps down to complete the abortion. The bleeding subsides after the amail placenta is passed, and over can take a couple weeks to be successful. After Week 8, the chances of having an incomplete abortion past the 6th week, and over can take a couple weeks to be successful. After Week 8, the chances of having an incomplete abortion increase.

# Pregnancy Weeks 9 to 12 Placenta Forms a Compact Network of Connective Tissue



Over Weeks 9 and 10, the placents and chorionic villi begin to change, forming a compact network of connective tissue by the end of Week 12. The placents has a 6cm dismeter and weighs more than the 5cm long fetus by the 10th week. By week 11, the placents is completely formed and fetal circulation (4inches). Fingers and toes can be seen; nails form. Fetal muscles contract occasionally. Fetal sex pressure. Nipples on the breasts darken, and fluid colostrum may be expressed. Cardiac output is progressively larger and firmly embedded.

During Weeks 9-12, the placents continues to get 1 do not advise attemption to the beauty and contract occasionally.

I do not advise attempting an herbal abortion past the sixth week of pregnancy, because herbal medications may not be successful for at least a week or two, and the majority of wormen who have incomplete abortions due so after the eighth week. The main cause of incomplete abortion is firm expelled, but the placenta. In an incomplete abortion, the thin umbilical cord breaks and the fetus and the enclosing sac are expelled, but the placenta remains adhered to the uterus. When this happens, bleeding continues, sometimes dangerously profuse;

the os remains dilated, and the uterus cannot clamp down to stop the bleeding because of the attached placents. Incomplete abortion can be an emergency situation, because the woman can bemorrhage and loose a lot of blood very quickly. In pregnancies that have progressed past the sixth week, strongly consider getting a clinical abortion. Seek the advise of knowledgeable herbalists and doctors educated in women's herbal bealth.

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#### Definitions

Abortive - agent which prevents the continuation of abortion - induced termination of pregnancy. Abordiacient - agent that terminates pregnancy.

Adjuvant - agent that hastens or increases the action

perception. Alterative - produces a healthful change without of the herbs that it is combined with.

side of the stem. Alternate - growing at elternating intervals on either

annual - growing for one season or year. amenorrhea - abnormal ebsence of menetruation.

Anodyne - able to soothe and relieve pain

Antheimentic - agent that expels worms.

Antibacterial - destroys or stops the growth 9

Anti-inflamatory - counteracts inflammation. Anticerdinogenic - prevents or delays tumor formation. Anti-microbial destroys 9 suppresses

Andseptic - agent that assists in putrefaction. microorganisms. etopping

especially relaxing to smooth muscles intestines and uterus. Antispasmodic - relieves or prevente like the epaems,

Aphrodisiac - stimulating and/or intensifying sexual epex - the highest point, vertex, the summit. Aperient - gentle lexative that assists without purging.

sweet smelling. Aromatic - stimulating through fregrance, spicy or

Astringent - assists by constricting tissue, arrests

basal - located near the base.

biennial - plant that grows, fruits, end dies in two

containing stored food for the undeveloped shoots at builb - a modified underground etern with scales

of green segments called sepals. calyx - a flower's protective outer covering, composed the center of it.

intestines. Carminative - expels gas from the stomach and cambium - thin cell layer in stems and roots between the hard wood layer and the protective bark layer.

Cathertic - lexative: purges, evacuates, cleanses the bowels.

cilla - microscopic finger-like projections extending Cholagogue - incresses the flow of bile. from a cell, often capable of wave-like movements. Cephalic - agent used in diseases of the head or skull. cervix - neck of the uterus, located at in the upper far section of the vagina, visible with a epeculum.

> maternal blood vessels. Forms into the placenta. endometrium reaching an increasing number membrane which proliferate upon implantation into the chorionic villi - root-like structures of the egg's cell

chorionic villi, besis for pregnancy testing. around the 3rd week since conception by the Chorionic Gonadotropin (CG) - hormone secreted

combination - a compound of more than one herbs in a the mammery glands. coloetrum - the highly nutritive first milk secreted by

single preparation.

conception - union of egg and sperm.

Contraception - prevents conception. Condiment - seasoning for food.

corm - an underground stem, differing from a bulb only in that it has no scales.

corolla - outer envelope of a flower, patals.

causes the uterine ling to become lush and fertile for overy at ovulation. Secretes progesterone which implentation of the ovum. follicle from which the avum is released from the corpus luteum - yellow body which forms out of the

deciduous - seasonal shedding (leaves) at a particular stage of growth.

ounce root, stems, or bark is simmered in 1 pint of decoction (standard) - Herbel preparation wherein 1

dermetitie - inflammation of the skin. Demufcent - southing, relieves pain and inflammation.

Diaphoretic - produces perspiration.

abortion by causing contraction of the uterine Echolic - agent producing or hastening labor or dysmenorrhes - difficult or psinful menstrustion. Diuretic - increases the secretion and flow of urine.

Emetic - produces vomiting.

Emmenagogue - induces or hastens menstruation endometrium - uterine lining.

essential oil - the concentrated essence, a volatile oil enema - a liquid preparation introduced into the rectum for therapeutic purposes.

by the overy, causing the cyclical changes of estrogen - eny of several steroid hormones produced evaporating rapidly.

overy, responsible for promoting ovulation the steroid hormones, produced by Estrogenic - containing compounds similar to estrogen, ovulation, and the development of secondary sexual characteristics in animals. end

the mucous membranes of the sir passages. Expectorent - promoting secretion or expulsion from

> surrounding and containing the egg at ovulation. follicle cells - e protective group of spherical Febrifuge - agent that abates and reduces fevers. that seek out, find, and usher the ovum to the uterus falloplan tube - muscular hollow arms of the uterus Cella

Definitions

Fungicide - agent that destroys or inhibits the growth

fronds - compound leaves of a fern.

Gestational Age - age in weeks of a growing fetue. hemorrhage - profuse discharge of blood from the Vessels.

Hypoteneive - reduces blood pressure. Hepatic - remedy specifically for diseases of the liver. Hemostat - agent that stops bleeding.

ounce of leaves or flowers is steeped in 1 pint of hot Infusion (standard) - Herbal preparation wherein 1 indigenous - netive to en area, growing neturally.

Irritant - agent that causes irritation.

Laxative - promotes bowel evacuation. ienceolate - narrow leaves, tapering at each and Lactogogue - decreases the flow of breast milk.

miscarriage - premature expulsion of a fetus or lining end the blood of the uterine vessels in women. menstruation - monthly cyclic release of the utering Menorrhagia - abnormally heavy menstrual flow. Lithontryptic - dissolves celculi in the urinary organs.

form around the nipple during pregnancy. Montgomery's tubercles - small projections which

opposite - leeves that grow din pairs on either side of neutral - a compound that is neither acidic nor alkaline Nervine - calming, stops nervous excitement.

os - the mouth or opening to the uterus.

pietil containing the ovules (eggs). ovary - one of the pair of female reproductive glands that produce ovum (eggs), in a flower, the part of the

desire around ovulation. into the abdominal cavity, many women notice long ovulation - cyclic ripening and releasing of an ovum stringing veginal secretions and increased sexual

Oxytocic - agent that contracts the uterine muscle, ovum - an egg, the female reproductive cell.

exytocin - pituitery hormone which induces and thus hastens the evacuation of the uterus. contractions of the uterus.

perennial - plant that has a life span for over two Parturient - induces or promotes labor of childbirth. parasitic - en organism that grows on or in another organism.

> pinnate - having leaflets, lobes or divisions in cause a dermatitis reaction if the individual exposes Phototoxic - Containing chemicals that it ingested themselves to sunlight.

pregnancy which serves as a uterine connecting point the maternal blood. from which the fetus's body picks up nutrients from placenta - a plate-like organ developing during feather-like pattern on either side of a stern.

postcoltal - after sexual intercourse.

luteum causes rapid endometrial cell division forming a fertile implantation bed for the ovum. progesterons - Hormone secreted by the corpus principles - basic qualities or elements.

properties - specific capabilities or virtues.

Purgative - evecuates the bowels.

racemes - arrangement of flowers on a stem in which the stalked flowers are arranged singly along the

surface or below the ground. rMzome - rootstock running horizontally on the soil's

serrate - having a toothed or notched edge Sedative - nerve tonic that produces sleep. Rubefedent - increases circulation to the skin.

pollen is deposited at pollination. stigma - spex of the pistil of a flower, upon which simple - composed of one thing only. stamens - pollen producing parts of the flower.

Stimulant - temporarily arises or accelerates physiological activity.

digestion. Stomachic - strengthens the stomach and improves

succulent - a plant that has fleshy leaves that store

Sudorific · produces increased perspiration.

period of at least two weeks. ounces of herb is soeked in 1 pint of alcohol for suppositories - a solid or semi-solid medication that is tincture (standard) - Herbal preparation wherein inserted into a body cavity for medicinal purposes.

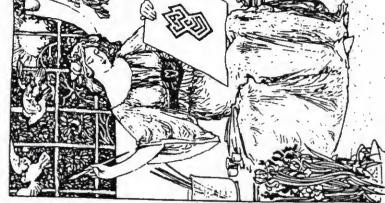
umbel - flat or curved top flower cluster. Tonic - remedy that is invigorating and strengthening.

blood vessel. Vasoconstrictor - agent that causes constriction of the

volatile of - a rapidly evaporating oil, an essential of from the system. Vermituge - destroys and/or expels intestimal worms

whorls - en arrangement of 3 or more parts (feaves, petals) radiating from a cantral point.

severely deformed fetus abnormal structures in an embryo resulting in a Teratogen - agent that causes the development of Dosage Chart



FEELINGS, REACTIONS, ... "HOW AM I?"

DOSAGE

TIME HERBIS

DATE

Copy the sheet to the left several times to make your own herbal abortion notebook. The backside of each sheet can be left blank to provide space for journaling, drawings, visions, poetry, and dream journeys.

Angelica - Arbor Vitae

## DESCRIPTION ANGELICA

Angelica is a tall [4-9ft. (1.3-2m) with a 3ft. (1 m) spread] biennial, with white to green sweet smelling flowers, blooming from June to August in large globe shaped umbels, 2-5in. (5-15cm) across. Angelica flowers are followed by oblong seed pods each containing two yellow winged seeds, which have a licorice-like flavor. Angelica has a smooth hollow sometimes purple stem and pirmate compound leaves with 3 coarsely toothed oval leaflets that are sometimes further divided into 3's or 5's. The root is branched, 3-6in. (7.5-15cm) long and less than an inch (2-3cm) in dismeter. It is seen growing in or near steam banks, marshes, moist fields, and mountain brooks from Canada to North Carolina and west to Minnesota and lows.

ANGELICA HERBAL LORE AND MEDICINAL USE

Angelica's use by women to treat menstrual irregularities is widespread. Angelica atropurpures "root tonic" was used by Native American Cherokee women for obstructed menses. The early woman colonists from Europe are recorded as having used Angelica root decoction's strong enumenagogual properties to promote menstrual flow and produce abortion. Angelica sinensis or all gynecological problems. Chinese herbal research scientist, Kee Chang Huang, notes the water soluble component of the uterus. In addition, the alcohol-soluble essential oil has been found to increase DNA synthesis in the uterine tissue and increase the uterine tissue's growth. In alcohol preparations, like tinctures and fluid extracts, Dang-qui is especially valued in dysmenorrhea (painful menstruation) associated with anemia and in treatments designed to relax the uterus. In water preparations, a fully adhered placenta after childbirth. Angelica root decoction syrup is said to be used often by midwives who use a tablespoene dose after childbirth; the placenta is said to arrive 10 minutes later. European Angelica archangelica has been used as well as a uterine stimulant, in prolonged labor and retention of the placenta.

Spiritually, Angelica has been held to be significant in many cultures. Angelica archangelica is native to Northern Europe. It's Christianized names meaning "angelic herb," hint at its "deep but unfortunately lost association with early Nordic medicinal magic.<sup>4</sup> Blooming around May 8<sup>30</sup>, the feast day of St. Micheal the Archangel, this Angelica came to be known as the root of the Holy Ghost, as revealed to a Catholic monk by the Holy Ghost as having the power to protect against evil spirits, witcheraft, protons and plague. Many abortifacient herbs are noted in this book as being associated with ancient orgisatic ceremonies. Interestingly, babies conceived as a result of sexual orgies were said to be begotten by the Holy Ghost.<sup>3</sup> Mothers, in the European Dark Ages made protective necklaces of Angelica leaves for their children to wear. Candied Angelica stalks and occasionally roxts were taken to combat infection and improve energy levels. Gournets still decorate cakes with these traditional confections. Other from the roots of Angelica were added to tobacco to give flavor to cigarettes by the Europeans. The Native Americans of the Angelica because of their love Angelica 's profuse umbel flowers, produce a fragrant and delicious honcy after foraging on fields ancient now extinct Siphium plant that long ago grew wild on the Greek city-state of Cyrene, named after the Amazon Queen Kyrene who legend reveals was the first bee-keeper (see Gathering).

Seed viability of Angelica, hardy to Zone 3, is brief, but seed viability may be extended with seed storage techniques. Sow mature Angelica seeds late autumn or early spring (while the soil is still cool) on top of slightly acidic (6.3pH), well prepared beds in full sun to partial shade. When germinating, do not cover Angelica's small seeds with soil. Keep moist with a sprayer or mister. Transplant young Angelica plants the following autumn to a permanent location allowing 3ft. (Im) growing room in all directions.

GATHERING

Angelica is usually mature enough at two years old to yield some of its medicinal parts. Roots are best gathered in late autumn, winter, or early spring while the sap is low. Thorough drying of Angelica roots eliminates their poisonous qualities, that when fresh cause irritating reactions in many people. Angelica stems can be eaten fresh or cooked like celery; gather in the spring. Angelica leaves are gathered Summer to Autumn in the morning after the dew has dried. Gather Angelica seeds when ripe. Note: If gathering Angelica, always use an accurate field guide. If in doubt, do not collect. Many members of the carrot family are highly poisonous and all can be easily mistaken for each other.

There are no medicine men without medicine women. A medicine man is given power by a woman, and it has always been that way. A medicine man stands in the place of the dog. He is merely an instrument of woman. It doesn't book that way anymore, but it is true.

Agnes Whistling Elk, in Lynn V. Andrews, Medicine Woman (1981)



PREPARATION AND DOSAGE - ANGELICA

Words to the Wise: People who have a history of cancer or heart attack should not use Angelica. Confectioners who gather Angelica have developed recurrent vesicular dermatitis. If you have a history of allergic sensitivity to plants, wear long gloves when gathering. Stay out of the sun when you are taking Angelica. Phototoxic chemicals in Angelica, called psoralena, can produce a rash in people who take them and subsequently expose themselves to sunlight. Some people who take Angelica in the evening experience insomnia.

Watch for Signs of Toxicity Specific to Angelica: Stomach pain, nausea, diarrhea, dilated pupils, labored breathing, weak and rapid pulse, and sometimes frothing at the mouth and convulsions. As with all medicines, reduce dosage at first sign of toxicity, watch for General Signs of Toxicity listed on the back cover, and discontinue use after two weeks if desired result is not achieved.

Preparation: Angelica's uterine contracting root decoction, used throughout time for emmenagogual and abortifacient purposes, is probably the most effective abortive Angelica preparation. Angelica is often used as a simple. Angelica's carminative properties make it a good combination for Aloe. Note: Angelica root decoction syrup is also commonly used to help release an attached placenta.

DOSAGE-ANGEL

Standard Decoction (root): Simmer covered 15-30 min., 1-20z. after each meal Standard Tincture: 5-15 drops, after each meal.

Powder (root): 2-5 #O capsules, after each meal.

1.Moorman, 37. 2.Huang, 247-248, 3.Wood, 70, 4. Suart, 25. 5. Campbell, 165.

### ARBOR VITAE



Thuja occidentalis

Cupressaceae (Cypress Family)

Aka: Arbor-viae, Tree of Life, Hack-me-tack, Eastern White Cedar, Swamp Cedar, Atlantic Red Cedar, and Feather Leaf Cedar.

Cedar.

Eart used: Dried branchlets and leaves.

Medicinal Properties: Anthelminic, Anti-infla name tory,

Anti-microbial, Astringent, Diuretic, Emmenagogue, Expectorant, Irritant, Lazative, Purgative, and Muscle Stimulant.

Effects body: Stimulating and purifing to circulatory.

camphor-like casential oil, containing pinene, fenchone, thujone, and carrone; sugar; wax; and resin.

Arbor Vitae, often reaching beights of 40-70ft (13-23m) with a 3-6ft. (1-2m) diameter trunk, is a member of the great cypress family. Fragrant scale-like yellow-green leaves cover the flat twigs. Arbor Vitae cones are 4-6in. (10-15cm) long, with broad winged seeds. Arbor Vitae's bark is a deep reddish brown. This attractive cedar, one of the most widely distributed of all confiders in culture, is grown in temperate climates around the world. In North America, Arbor Vitae is found growing in awampy areas and along stream banks from Eastern Quebec to Manitoba, south to New Jersey, along the Alleghenies to North Carolina and Tennessee, and stretching westward through to Minnesota. In the Adirondack Mountains, Arbor Vitae can be found as high as 3500ft.

## ARBOR-VITAE HERBAL LORE AND MEDICINAL USE

The use of Arbor Vitae in ceremonial ritual goes back to the beginning of recorded history. To the Sume, ans, Cedar was the Cosmic Tree or the Tree of Life and was held to have magical properties. In Greece, cedar wood was burned at ancient sacrifice alters. Thus, and to furnigate and is rooted in Thuo, meaning to sacrifice in Latin. The Orchomenus surname of the

Moon-goddess Artemis (protectress of women and alleviator of suffering in childbirth) was Artemis Cedrestia, because her images were ritually hung in tall coders.

cording, hats, and roofing by Native Americans is documented in the The Original Journal of Lewis and Clark. The aromatic used by many tribes to make medicinal teas: for women's menatrual complaints, male prostate disorders, and to promote Abortion was rare among Nauve American women prior to the coming of the white men with their guns and violence. Native Wherever Arbor Vitae grows the Native Americans used it. The use of Arbor Vitae in the creation of bows, baskets, cances, Arbor Vitae twigs were ritually placed on the hot rocks during a sweat bath as a ceremonial incense. Arbor Vitae's branches were American women who became pregnant by white men often had bigger babies and difficulty in labor. Decoctions of Arbor perapiration in fevers. The Menominee women used an infusion of Arbor Vitae's dired inner bark to promote menatruation. Vitac's branches were used by some Native American women to induce abortion.

CULTIVATION ARBOR VITAE

Attractive Arbor Vitae, hardy in Zones 3-7, is often grown as an ornamental. Arbor Vitae will tolerate a wide range of soils from moist to quite dry as well as acid to atkaline. Cuttings may be rooted in water. Plant young Arbor Vitae in full sun. Water regularly in periods of drought. Arbor Vitae prefers a humid atmosphere.

Arbor Viue's leafy young twigs are gathered in the Spring. Bark is generally collected off the branches that are at least two years old in early spring or late fall when the bark peels casicat. PREPARATION AND DOSAGE

Arbor Vitae contains both fenchone and thujone, which stimulate the heart muscle (see Thujone). Do not use Words to the Wise: People with existing heart conditions or history of heart attack should not use Arbor Vitae. resembling camphor, is highly concentrated. A girl of fifteen took 16 drops of the oil. She became unconscious, Arbor Vitac's essential oil, commonly called oil of cedar! As with all essential oils, Arbor Vitac's essential oil, having spasma and convulsiona followed by atomachic irritation.3

Watch for Signs of Toxicity Specific to Arbor Vitae: Arbor Vitae's essential oil has been known to cause beart stimulation, flatulence, distortion of the atomach, spasma, convulsions, and unconsciousness. As a rule, reduce dosage at first sign of toxicity.

Preparation: Purgative Arbor Vitae is thought to produce abortion by reflex action on the uterus from gestrointestinal irritation. Carminatives (see list under Aloe Preparation) may be helpful in alleviating excessive gastrointestinal pain. Arbor Vitae is usually used by itself as a simple. DOSAGE-ARBOR VITAE

Standard Infusion (young twigs): Steep 20-30min., take Itap.-1Tb., 3-6x daily. Standard Tincture; 5-15 drops, 3-6x daily.

1. Moeman, 482. 2. Ratech, 40, 3. Gricve, 176-171.



37 let your Aloes soil become completely dry between waterings. Aloes are one of the easiest houseplants to grow. Don't grow just Aloe Vera - Angelica

one; one Aloe can easily be over barveated. [I think three is the perfect number; one in the bathroom, one in the kitchen window. and one over the doorway to keep away evil in Mohammedan style.]

drained off into tabs. The yellow Aloe juice becomes more concentrated through evaporation or often by boiling. When cold, the have had least two to three years standing is harvested by cutting the leaves off close to the stem. The yellow juice that exudes is Aloc's outermost leaves are the most mature; siways harvest these leaves first. Commercially, the juice of healthy Alocs that honey-like Aloe extract is poured into recepticles and it solidifies. PREPARATION AND DOSAGE

Words to the Wise: People suffering from hemorrhoids or degeneration of the liver or gall bladder should not use Aloe. Aloe is a cathartic purgative, meaning Aloe arises and irritates the lower bowels. (see Gastrointestinal Irritants) After 2 weeks, if desired effect is not produced, stop use. Chronic use may induce hermoroids and

Watch for Signs of Toxicity Specific to Aloe: Severe intentinal pain and red colored urine. As always, reduce dosage at first sign of toxicity. A strong tes, made from simmering sliced Asian Ginger in water will help to moderate intestinal pain.

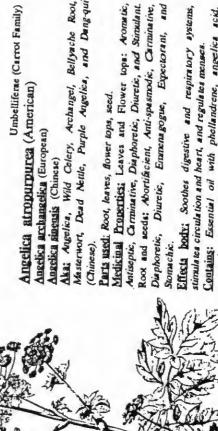
Preparation: Aloc's abortifacient action results from gastrointestinal irritation. The medicinal components of Aloc (aloin and aloc-emodin) are slow in action, beginning to act approx. 10-15hrs. effer ingestion. To moderate the tendency for Aloe to exessively irritate the intestines, doasge of carminatives is taken with Aloe and taken again 10-15hrs. after digestion. Angelica, Chamomile, Ginger, Juniper, Pennyroyal, Rosemary, Sage, and Thyme are carminatives that also have abortifacient properties.

DOSAGE-ALOE VERA

Aloe Vera Juice: 4Tbs. dose throughout day and evening, up to 1 pint every 24 hours. Powdered Extact: 1-2 #O capsules, 2-3 times a day.

Standard Tincture: 15-35 drops, 2-3 times a day. Juid Extract: 1/2 - 11sp., 2-3 times a day.

I.Parvad, 23. 2.Grieve, 28. 3.Grieve, 29. 4.Rusch, 36. 5.Watt, 686.



Umbelliferae (Carrot Family) Angelica atropurpurea (American)

Angelica archangelica (European)

Masterwort, Dead Nettle, Purple Angelies, and Dang-qui Aka: Angelica, Wild Celery, Archangel, Bellyache Root,

Medicinal Properties: Leaves and Flower tops: Arometic, Antiseptic, Carminative, Diaphoretic, Diuretic, and Stimulant. Root and seeds: Abortificient, Anti-spasmodic, Carminative,

Effects body; Soothes digestive and respiratory systems, Contains: Essential oil with phollandrone, angelies acid, stimulates circulation and heart, and regulates menaes counserin compounds, bitter principle, and tennine.

Vit. + Min.: Viumin E, A and calcium. Chinese Dang-qui is Grown to contain Vitamin B12, which is rare in vegetation.

ALOE VERA

Aka: Aloe Vers and Burn Plant.

Emmena gogue, Purgative, Sedative, Tonic. Medicinal Properties: Anthelminic, Cathartic, Demulcent, Part used: The inner juice of the leaves, fresh and dried.

flow, and expels worms. Externally: Antifungal, soothes and heals burns and irritations. Effects body: Internally: Purges intestines, promotes bile

isobarbalion, and emodin; and resin. Contains: Several anthraquinone glycosides: alion

ecithin, and zinc. Vit.+Min.: Calcium, potassium, sodium, manganese, iron

#### DESCRIPTION

(2-3cm) tubular flowers bloom in simple or branching clusters 3-4ft. (1m) stalk from which bright yellow to scarlet lin. olive-brown Aloe plant. Aloe's stem is usually short with from June to September. growing in their native hot, and regions, Aloes send up a strong fibrous roots. Most indoor Aloes never bloom, but when emerge from the inside center of the grass-green to leaf blades with spiny teeth running up the sides. New leaves Aloe is a succulent perennial, having fleshy, long, narrow

"American Aloe." Do not confuse American Aloe (Agave Note: The plant, Agave americana, is sometimes called different American) with true Aloe (Aloe socotrina); they are chemically

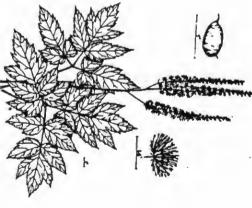
ALOE HERBAL LORE AND MEDICINAL USE

are some of the gifts she is said to give to the people.4 Sagrada Aloe is home to a goddess who through offerings and prayers can be put in a generous mood. Health, wealth, and peace Mexico and Columbia, one Aloe, called Sabila Sagrada, "the sacred initiate," is still a magical medicinal plant. century B.C.? Aloe was introduced and cultivated in the West Indies and other tropical countries around the 16th century. In a quantity of Aloc for the burial of Christ.2 The ancient Greeks gathered Aloc on the island of Socotia as early as the fourth of Eden. 1" The Mohammedans of Egypt hung the sacred Aloe above their doorways to protect the owners against evil. To the Egyptians, Aloe was a medicinal plant, and a major element in their embalming processes. Nicodemus is said to have purchased Many spiritual legends surround the Aloe plant. One "legend has it that Aloe is the only plant to come directly from the Garden

The Europeans are known to have taken the extract of Aloe in wine as an abortifacient, popularly as a purgative for the lower bowels. Aloe, internally, is much used to promote suppressed or obstructed menstruction and powdered form, is used for amenorthea, asthma, colds, convulsions, hemorthages, to expel pinworms, for ulcers, and most products. Health food stores stock Aloe medicinals due to their healing use externally and internally. Internally, Aloe, in juice minor wounds and ulcers as an antiseptic and protective. Many cosmetic companies employ Aloe in their skin lotions and hair health food stores. Dried Aloe is an ingredient of Compound Tincture of Benzoin, a pharmaceutical product used externally on Sea coastal area and the Caribbean and sell their product around the world to pharmaceutical companies, cosmetic companies, and skin, an Aloc leaf's soothing, cell rejuvenating viscous gel is legendary. Today, farmers commercially cultivate Aloc in the Black Aloc Vers, the first-sid plant, is seen on the kitchen windowsills of homes all over the world. Used on a sudden burn to the

Noes need full sun to light shade. Water Aloes when their soil feels dry I inch down from the surface of the soil. During winter mounts of powdered dolmatic limestone and sand can be added to make the fertile well-draining neutral soil that Aloes prefer ecover in the summer. To repot, gently separate the offshoots from the parent plant and replant each Aloe individually. Small necessary. Reporting is best done in the late winter or spring, so that Aloe will have access to plenty of the sun's energy to hat grow around the base of the plant. Aloes prefer to have their roots be fairly crowded, so repot only when it is shsolutely growing Aloes in containers and bringing them inside to a sunny window when winter comes. Aloes are propogated by offshoots Aloes, hardy to Zone 10, require a min. tempurature of 41°F. Many people who live in northern climates have success

## BLACK COHOSH



leaves are pinnately compound and irregularly shaped. Small of 4000ft. (1300m) in North Carolina. Black Cohosh's stalked growing in upland woods and hillsides, ascending to altitudes DESCRIPTION Black Cohosh is an indigenous leafy perennial found

Vit.+Min.: Cakium, potassium, magnesium, iron, Vit. B, and

(bitter substance), estrogen substances, triterpenes, isoferulic

Contains: Glycosides actacine, cimifigin (a resin), racemosin

acid, tannin.

eliminate toxins and purify blood, aids in freeing up mucus,

Effects body: Stimulates liver, kidney and lymph helping to

Stimulant, Diaphoretic, Diuretic, Emmenagogue, Estrogenic

Alterative, Antispasmodic, Cardiac

Aka: Black Cohosh, Rattle-top, Rattlesnake Root, Squaw Root

Ranunculaceae (Buttercup Family)

Cimicifuga racemosa

Expectorant, and Sodative.

Ardicinal Properties: arts used: Root. Sugarne, Bugwort.

heart stimulant, and relaxing antispasmodic to uterine and

intestinal smooth muscle.

A, inositol, pentothenic acid, phosphorus.

the knotty quality of the medicinal black root. Black Cohosh is found in the U.S. from Northern Maine to Wisconsin and south to of a rattlesnake, hence the common name 'Rattlesnake root.' 'Cohosh,' being Native American Algonquin for rough, describes odor given off by the flowers gave rise to the common names odor given off by the flowers gave rise to the common names names describe the herb's physical details. The insect repelling racemes from June to September. Black Cohosh's common multiple white flowers bloom on 3-8ft. (1-2.6m) wand-like

BLACK COHOSH HERBAL LORE AND MEDICINAL USE

that makes for itself a history of protecting the financial interests of the AMA and the pharmaceutical companies. While under the \*\*Note: The FDA, according to a 1986 report, considers Black Cohosh as having "no therapeutic value." Typical of an agency malaria, rheumatism, sore throat, anake bite, spinal meningitia, and yellow fever. \*\* known to herbalists to have assisted in the treatment of asthma, cholera, epilepsy, fever, high blood pressure, kidney troubles, Germany, Black Cohosh root is widely used in prescription medications used for menopausal discomforts. Black Cohosh is estrogen. Like the 'Pill," which contains estrogenic substances, Black Cohosh may have contraceptive properties. Foday in wonder why!] Black Cohosh is known to have estrogenic properties, meaning it acts in the body like the female sex hormone an abortion!] Pinkham's Compound can still be purchased, but the Black Cohosh has been removed from the recipe. [Hrnm...] Grandmother told me that she remembered rumor of women using large amounts of Pinkham's Compound attempting to produce the an enterprising woman by the name of Lydia Pinkham. Over the years, Lydia E. Pinkham's Vegetable Compound became tremendously popular due to its ability to treat "female complaints," when a woman was reluctant to go to a male doctor. [My menstrual flow. Black Cohosh was also used by Native American women to relieve pain during labor or during menstruation. In reproductive organ disorders. The women of the Cherokee tribe considered Black Cohosh a dependable herb to bring on 1876, one of the most famous patent medicines, containing several herbs, one essential one being Black Cohosh, was invented by The common name Squaw Root was created because of the wise use of Black Cohosh by Native American women for

loamy soil in partial shade. Also propagated by division of plants in the spring. Mulch in spring with compost Black Cohosh, hardy to Zone 4, is propagated by sowing mature seed in spring or fall into well-prepared beds of slightly acidic

convenient guise of being pro-health, the FDA widely sanctions the use of known carcinogens in the form of additives and

preservatives in foods

vital energy of plants goes down into the roots during the night and then back up into the leaves after sunrise. Gathering may best Gather Black Cohosh root in the fall (around September) after the fruit (seed pod) has ripened. There is a belief that the sup or

47

be timed for just prior to sunrise. Cut the roots lengthwise. Dry in sun or shade. Upon drying, both the inside and outside of the brittle and wiry Black Cohosh root become even darker. The commercial supply of Black Cohosh is found growing in the open woodlands and cleared hillsides of the Blue Ridge Mountains.

PREPARATION AND DOSAGE - BLACK COHOSH

Black Cohosh. Estrogenic Black Cohosh may have estrogen-like side effects, contributing to abnormal blood clotting, liver problems, and the development of estogen-dependent tumora (see Estrogenic). Using Black Cohosh while taking birth control pills, post-menopsuss! estrogen, sedstives, or blood pressure medication may be Words to the Wise: Black Cohosh can depress heart rate; anyone with a history of heart disease should not use hazardous. Large doses of Black Cohosh may irritate nerve centers causing tremors and convulsions.

Watch for Signs of Toxicity Specific to Black Cobosh: Nausca, diarrhea, abdominal or joint pain, tremors, headache, visual dimness, depressed heart rate, tremors, and convulsions. As always, reduce dosage at first sign of toxicity, and watch for the General Signs of Toxicity on the back cover, as well.

Cohosh in emmenagogual and abortifacient preparations. Many herbalista feel this combination works better than Preparation: Black Cohosh, often used in decoction or tincture form, is often combined in equal parts with Blue either of the herbs slone. Black Cohosh is sometimes combined with Mistletoe or Ginger.

DOSAGE-BLACK COHOSH

Standard Decoction (root): Simmer 5-15min., 1-4Tbs., 3-4 times a day. Standard Tincture: 1/4- 1tsp., 3-4 times a day.

Powdered (root): 1-4 #O capsules (5-30 grains), 3-4 times a day.

I.Moemen, 121.

BLUE COHOSH

### Berberidaceae (Barberry Family) Caulophyllum thalictroides

Aka; Blue Cohosh, Papoose Root, Yellow or Blue Ginseng, Squew Root, Blueberry Root.

Denulcent, Diephoretic, Diuretic, Estrogenic, Expectorant, Antispasmodic, Laxative, Oxytocic, Parturificient, Sedative, Vermifuge. Anthelmintic, Medicina

contains; Caulosaponin, gum, starch, salte inositol, leontin, complementary to nerves., joints, and blood.

Vit.+Min.: Poussium, megnesium, celcium, iron, Viennin E, B-complex, silicon, and phosphorus.

near running streams. A Blue Cohosh plant is made up of one Blue Cohosh is an indigenous perennial herb that grows all over the U.S in rich moist deep low soils, in shady areas often large nearly stemless tritemately compound leaf. A single stem a height of 1-3ft (0.3-1m) where it divides into 3 stems that generally oval and 3-5 lobed near the apex. From April to May, clusters of 6-pointed yellow-green flowers appear which begins at the light brown knotty root or rhizome and extends to divide again into 3's. Leaflets are 2-3in. (5-7.5cm) long, which sprout other plants. Blue Cohosh is one organism where each plant seems to be connected to all others by a are later replaced in August by round deep blue berries. From the thick, crooked root extend usually 3 semi-straight rhizomes running horizontally a few inches below the surface from underground web of rhizomes.

art used; Root.

Effects body; Uterine stimulant, relieves muscle cramps, Properties:

methylcystine, resin, and saponin-like body.

DESCRIPTION

Dosages - Weights and Measures

## TIPS ON TAKING HERBAL PREPARATIONS

- 1. Est a diet of fruits and vegetables, or fast on vegetable juices and pure water.
- 2. Most herbal remedies are most effective on an empty stomach. Most herbs are taken between meals for this reason. Some herbs are too strong to take on an empty stomach, find out what feels right to you.
  - 3. Double-check the dosage of herbal preparations before you take them.
- 4. Remember, preparations made from fresh materials are always stronger than preparations made from dried materials. Adjust dosage accordingly.
  - 5. To aid digestion, sip a small mouthful of lukewarm to cool teas into the mouth. Mix the liquid with your saliva by moving the liquid around your mouth before swallowing. Do not drink very cold iced teas or very hot teas as these temperatures can interfere with the food digesting enzymes.
    - 6. Avoid sweetening. Use a little honcy only if absolutely necessary. Herbal preparations are medicines, and they usually taste quite strong. [I found that adding a sweetener seemed to make it taste even worse.] When one is pregnant, one can have a sensitivity to certain tastes and smells.
      - . Tinctures may be added to a small amount of water or juice and taken in the same manner as teas.
- 8. Make infusions fresh every day. Decoctions can be refrigerated until the next day. Tinctures, because they are preserved in alcohol, are designed to be stored at room temperature and will keep for a long time.

1. Cautionar, 22. 2. Cautoman, 24.

Wide-cycl Owl, seeing all, mastering flight in the decket of nights, is symbolic of wisdom.

1 ounce = 28.35 grams Weights and Measures

I fluid ounce = 29.56m

I teaspoon =  $1/_{\rm s}$  fl. oz. = 4.9 ml = 60 drops

1 Tablespoon =  $3 \tan y$ . = 1/2 fl. oz. = 14.8 ml = 180 drops

1/2 pint = 1 cup = 16 Tbs. = 48 tsp. = 8 fl. oz. = 236.6 ml

| quart = 2 pints = 4 cups = 64 Tbs. = 212 tsp. = 32 fl.oz. = 946.4 ml 1/2 quart = 1 pint = 2 cups = 32 Tbs. = 106 tsp. = 16 fl. oz. = 473.2 ml

teaspoons to drops (approximate) 1/4 tsp. = 15 drops 3/4 tsp. = 45 drops 1/2 tap. = 30 drops

1 Tablespoon = 3 tap. = 3 drams = 180 grains = 180 minims ltsp. = 1 dram = 60 grains = 60 minims Drams, Drachmas, Grains, and Minims

I dram = I drachma

Ounces of Herbs to Kritchen Measures (approximate) loz. roots (cut and sifted) = 1/4 cup

loz. powder = 3Tbs.

with air and wind principle, symbolic of The feather is uncirally sesociated

loz. leaf (cut and sifted) = 1 cup intuitive and asystical knowledge of birds. lightness, flight to other circles, and the

Blue Cohosh

# DOSAGES - Adjusting Dosage Ranges to Personal Characteristics

Herbal preparations are like other medicines. "Take too little and nothing much happens. Take the right amount of the proper herb, and you enjoy healing benefils. Take too much for too long, and you run into trouble." The goal with herbal medicine is to find what herba work best for you and then balance the dosage of the herb with your own individual characteristics and needs to achieve the action you desire without negative side-effects. Herbal practitioners can be valuable assistants in this process.

Adjusting Desage to Body Size - The desage range in this book is generally for an adult person who weighs 150lbs. If you weigh less or more you should adjust the desage to fit your body type.

For example, if you weigh 200th, your weight is one-third more than the 150th, person. You should adjust the all the dosages ranges in this book to one-third more than what is stated.

If you weigh 1000b., your weight is one-third less than the 150th, person. You should adjust all the dosage ranges in this book to one-third less than what is stated.

Adjusting Dounge to Herb - "No two one ounce baga of the same herb will have the same potency. How potent a certain amount of dried herb is depends on plant genetics, growing conditions, maturity at harvest, time in storage, the possibility of adulteration, and preparation method.2" To adjust herhal dosage to individual plant characteristics:

## Follow Herbal Dosage Discipline

- Whenever you have gathered a new batch, purchased a new bag of herb, or have a new herbal preparation, always start
  out at the lowest dosage in your personal dosage range (adjusted to your body size).
- 2. Test for and record personal sensitivity and strength of the berh/s/. Then increase or decrease dosage as necessary.

  3. Chart your individual responses to herbs and the changes you make in dosage on the Dosage Chart. This chart is located at the very center of this book, where the fold and staples are, on the other side of theo-statetom page. The Dosage chart is placed here so you can easily bend the staples and take out the page. Copy this page several times to make your own Herbal abortion notebook. When you take herbs: record the date and time, the dosages, record your feelings, your reactions to the herbs, and any changes you decide to make for the next dosage, etc. When you record your feelings and reactions, look inward to your intuitive inner wise-woman and helpful guiding spirits and ask deeply 'How am 17.....What could be changed to make a smoother, gentler transition, for me and the spirit inside me?' Record what comes to you. Your charting of your reaction to certain herbs will help keep you in the habit of looking internally and intuitively to gauge your progress and will prove valuable in the future as a reference as to what worked for you in the past. Always ask your herbalist for assistance and guidance, whenever something
- 4. Always reduce dosage of herbal medicines at the first sign of intoxication. You will probably notice mild effects of the herb, on your body and mind, but if you experience any of the Specific Signs of Toxicity listed in the Preparation and Dosage acctions for particular herbs or any of the General Signs of Toxicity listed on the back cover, reduce dosage.

When fear seizes, change what you are doing,
You are doing something wrong.

-Jean Craighead George Julic of the Wolves (1972)

## BLUE COHOSH HERBAL LORE AND MEDICINAL USE

Blue Cohosh was called Papoose Root by Native Americans because of its ability to trigger labor and hasten childbirth. Two weeks before the expected date of delivery, women would begin taking the Blue Cohosh infusion to promote a rapid and painless labor. Blue Cohosh infusion is used effectively in the same manner by present-day Amish women, wise-women, and midwives. Blue Cohosh contains a chemical, named caulosaponin, which is known to cause strong uterine contractions. Blue Cohosh, like the contraceptive 'Pill,' contains estrogenic substances. Blue Cohosh's estrogenic properties explain why a strong decoction of Blue cohosh root was used by Native American Chippewa wise-women for contraception. Blue Cohosh's tendency to cause miscarriage in early pregnancy is well-known among herbalists and midwives, and for this reason Blue Cohosh is not normally used during early pregnancy by those women who wish to remain pregnant.

Although Blue Cohosh and Black Cohosh are often combined together and have similar common names, each herb is an individual having different chemical components and different medicinal properties. Black Cohosh has antispasmodic properties causing the uterus to contract. In this case opposites attract. Blue Cohosh and Black Cohosh have gained a reputation of working better together than slone.

#### TAPTITAL

Blue Cohosh is propagated by root division or from seed. The fall or early spring is the best time to make cuttings from the rhizome. Take these cuttings, place them in water until they develop an extensive root system. Plant your healthy cuttings in well prepared shady beds of rich moist humusy soil (pH7, neutral). Seeds should be sown right off the plant as soon as they are ripe. Some of the seeds sown in fall will germinate the following Spring. Some may not germinate until the next year.

Blue Cohosh rhizomes are collected in the fall when the above ground parts begin to die back. It is at this time when the sap or vital energy runs back into the roots in storage for winter.

## PREPARATION AND DOSAGE

Words to the Wise: Caulosaponin, the chemical in Blue Cohosh that causes uterine contractions, also has the action of narrowing the arteries that supply blood to the heart. People who have a history of high blood pressure, heart disease, or stroke should not use Blue Cohosh. Estrogenic Blue Cohosh may contribute to estrogen-dependent tumors, liver problems, and abnormal blood clotting (see Estrogenic). Anyone with diabetes, glaucoma, or kidney disease or damage should consult their herbalist before using Blue Cohosh. Powdered Blue Cohosh root may irritate mucous membranes; wear a mask when processing. Fresh Blue Cohosh berries are poisonous; children have died from eating them. The berries lose their poisonous qualities when they are toasted, and can be used as a substitute for coffice.

Watch for Signs of Toxicity Specific to Blue Cobosh: Nausca, vomiting, gastritis, headache, thirst, dilated pupils, muscle weakness, incoordination, cardiovascular collapse, and convulsions. As a rule always, reduce dosage at first sign of toxicity.

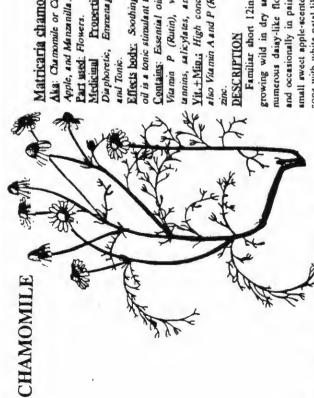
Preparation: Blue Cohosh's uterine-contracting, emmenagogual, and abortifacient properties are most popularly utilized in decoction and tincture form. Blue Cohosh has a tendency to stress the kidneys; be sure to follow up Blue Cohosh dosage with at least a couple weeks of nutritive Nettle infusion. Blue Cohosh is often used in combination with Black Cohosh. *Mixhells repens* (commonly known as Partridgeberry or Squaw Vine) was combined with Blue Cohosh by the Native American Rappahanock women and taken 5 days prior to the expected date of menses to promote menstrustion.

### DOSAGE-BLUE COHOSH

Standard Decoction (root): Simmer 20-30min., 1/4 · 1/2 cup, 3-4 times a day.

Standard Tincture: 1/2-11/2 tsp., 3-4 times a day.

Powdered root: 1-5 #O capsules (5-30 grains), 3-4 times a day.



## CHAMOMILE HERBAL LORE AND MEDICINAL USE

toly womanly qualities still exist. In Greek, a variation of Chamomile, 'Mater Cara' means 'Beloved Mother.' The Roman Throughout recorded history the beneficial and trustworthy 'Cammomilla' has been held in high regard. The Eygpuians cultivated Chamomile and dedicated the plant with its golden cones to the Sun. Symbolic religious references to Chamomile's Catholic Church dedicated Chamomile to St. Anne, mother of the Virgin Mary. Today, Chamomile is valued primarily for its the texture of the hair and skin and is believed to restore the liveliness of youth, both mentally and physically. Chamomile is ... recognized by orthodox medical profession as a valuable medicine for the young, especially in France and Spain, where soching sedative properties and its ability to promote a natural hormone, similar to thyroxine, which has the power to rejuvenate numerous doctors prescribe it.1" The Germans have an expression for Chamomile: alles zu vertraut, meaning "completely trustworthy." One way the Germans utilize the soothing, healing properties of Chamomile is a German prescription medication contains. The essential oil, distilled from fresh flowers since medieval times, is known to be a uterine stimulant and a treatment down women's courses," meaning to promote menstruation. Culpepper was most likely speaking of the essential oil, which was in made partly of Chamomile called Kamillosan, used to treat wounds and inflammation. Chamomile's abortifacient and emmenagogual properties are reported from use of Chamomile's deep blue essential oil, colored from the azulenes this herb for eczema and asthma. Nicholas Culpepper, an English herbalist of the 17th century, recorded Chamomite's ability "to bring common use during his time. Utenine stimulation by Chamomile's essential oil is most likely due to the thujone the essential oil contains. Thujone has been shown to be a uterine stimulant in animals.2 (see Thujone) CULTIVATION

This hardy perennial, native to southern Europe, also likes well-drained soil with a sunny location. This variety is so hardy it has of Chamomile in the United States. To grow German Chamomile, sprinkle seeds in fall or spring on well prepared moist beds of andy soil. German Chamomile, an annual, likea partial shade and well-drained soil. Leave a few flowers on the plants and they Maricaria recuita, German Chamomile, brought with German immigrants to America, is the most widely grown garden variety Chamomile is propagated easiest from offshoots of a mother plant. In spring, set divisions, 11/2ft. (0.5m) apart, into moist beds of will reseed themselves. Chamsenelum nobile, Roman Chamomile, has a slightly stronger fragrance than the German variety. been used as an alternative to grass for lawns in Europe, not minding, but seeming to prosper when stepped upon. manured sandy soil. Mulch in winter. Perennial Roman Chamomile will tolerate the driest conditions once established. Chamomile is harvested throughout the summer. Carefully cut the Chamomile flower buds off the mother plant just before they are about to bloom. Some sources say to gather Chamomile in full flower when the petals begin to turn black on the yellow disk.

Compositae (Composite Family)

188: Chamonule or Camonule, Anthemis, Matrivaria, Ground Matricaria chamomilla

art used: Flowers.

Cerminetive, Diaphoretic, Emmenagogue, Nervine, Sedative, Stomachic, Antispa smodic, Properties: Medicina and Tonk.

Contains: Essential oil (with azulenes), flavinoids, including Effects body: Soothing herb to nerves and stomach; essential Vitamia P (Rutin), velerianic acid, Thujone, courserins, oil is a tonic stimulant to therus, kidneys, spicen, and liver. tannins, salicylates, and cyanogenic glycosides.

Vit.+Min.: High concentration of calcium and magnesium, also Viamin A and P (Rutin), potassium, iron, manganese, and

#### DESCRIPTION

Familiar short 12in. (30cm) annual Chamomile is found growing wild in dry sandy soil and full sun. Chamomile's numerous daisy-like flowers (June-September) appear singly small sweet apple-scented beauties have a deep yellow central and occasionally in pairs off its many erect branches. These cone with white petal-like rays. Pale green feather-like leaves line Chamomile's downy atems.

If you are like me, and have a problem awallowing capsules, try dipping the capsule in a little water or vegetable oil before To fill capsules, tap the larger half of the capsule onto the powder in bowl until no more powder is taken up. Into the amaller half tap enough powder to fill the rounded end and then gently press together the two parts of the capsule until they fit together as one. taking. Capsules are easily filled with a single powdered herb or can be filled with a combination of powdered herbs if desired. If capsules get wet, they will stick together, so store capsules in a cool dry place and out of direct sunlight

## To Make HERB-BASED VACINAL SUPPOSITORIES:

suppositories are usually mixed with oils instead of water. Vaginal suppositories should not be made with oil. Oils in the vagina have been known to contribute to growth of bacteria and vaginal infectiona.) Once you've mixed the powdered herb/a with water Insert suppository high up into vagina before going to bed at night. A towel is placed on the bed or a menatrual pad is worn to to form a very thick dough, shape the dough into cylindrical strips about "/.in. (1.3cm) thick and 1 to 1"/.in. (2.5-3.8cm) long. Herb-based vaginal suppositories are easy to make. Mix powdered herb with water to form a very thick dough. protect the aheets from discharge.

## To Make POULTICES AND PLASTERS:

Poultices and plasters are methods in which herbs are applied to the surface of the body to treat certain conditions. Because actions of a person's skin are going to be exposed, make sure the environment is warm (100F) and comfortable (pillows, blankets, and possibly soft music available). As with all herbal therapies, choose herbs which have the particular properties desired. Stimulants tend to stimulate organs, acdatives tend to relax organs.

oils. Apply warm wet herb/a/ directly on the skin area being treated. The warmed cloth is placed over the top of the poultice to Poulices: Warm a cloth or lowel in the oven. Moisten dried macerated herb/st with hot water, infusions, decoctions, inctures or hold everything in place. Poulities are often used to heal bruises, draw out infections, break up congession, and relieve muscle cramping and pain.

Plasters: are used to stimulate or relax particular organs or body parts. In a plaster, powdered herb/s/ are moistened with warm water, spread on a cotton or ailk cloth, and placed cloth-aide down on the akin (oil akin with olive, castor or pearust oil before applying plaster). Cover with another cloth or plastic to keep the moisture in. Infusions, decoctions, tinctures, or oils can be idded to the plaster.

Ricust and Myth are like seed crystals of new patterns that can erestually reshape culture around them. Starbawk, Truth or Dare (1987)

To powder herbs a mortar and peatle, kitchen blender, or a coffee/spice grinder ill work well. A mesh strainer can then be used to sift the powdered material from the fibrous parts that did not break down in grinding. Avoid purchasing already prepared powdered herbs. It is impossible to see the condition or quality of the original herb in the powdered state. Rapid oxidation of valuable medicinal constituents takes place in the powdered state. Powdered herbs are best when you know they are made from quality herbs you have picked and dried yourself or POWDERING HERBS and PREPARING CAPSULES: purchased yourself for their quality at an herb store. turning point, charming the arrell factors that influence life, The peatle, also feminine, is saciently symbolized as the associated with the Great Mother in her luther aspects. substances, are encionally Mortan, receptive to helding and release of

Capsules are often used for taking herbal medicines that have a particularly bitter or nauscous taste, or for individuals who, for Making desire manifost, the postle enumbes the clinic of life.

herbal medicines. Vegetarians, Vegans, and Macrobiotica often object to the traditional gelatin capsules because they are made from boiled tissues and bones of slaughtered livestock. A capsule created from potato starch is now being produced as a vegetarian alternative to gelatin capsules. Ask for potato starch capsules at your local health food store.

whatever reason, cannot drink herbal teas. Capsules are also convenient for those who do not have the time to prepare other

Widely Available Capsule Sizes and the Average Amount of Powdered Herb Each Can Contain







650-850ung

500-600mg

400-450mg

33

1-2 days. A quarter cup of brandy, gin, or vodks can be added to one pint of decoction to prolong shelf life. Store decoctions in lid on so the valuable medicinal steam is not lost. Simmering times can be extended (up to 8 hours) with a crock pot or slow the refrigerator. cooker. Extended simmering results in a decoction very rich in herbal constituents. Decoctions should be used before they sour,

or infusion. Of the two herbs used, the smaller dosage of the two should be cut in half for the starting dose. has a total of 2 ounces of herb to 1 pint of water, this combination preparation is twice as concentrated as a the normal decoction of leaves or tops in a pint or quart muson jar. Screw the lid on tight, and let steep at least 20 minutes. Because this combination decoction first (1 ounce herb to 1 pint water), and when the decoction is finished simmering, strain the hot decoction over 1 ounce To combine INFUSIONS and DECOCTIONS: There are two ways to combine decoctions and influsions. One is to prepare the

brew contains the medicinal qualities of 2 ounces of herb in 2 pints of water. This combination is the same concentration as a normal infusion or decoction. The smaller of the two herba' dosages should be the starting dose. mixture. When combined in this manner, each ounce of herb is steeped or simmered in a pint of water. The resulting combined The second way to combine decoctions and infusions is to prepare each separately and then add them together into one

vegetable glycerine to preserve. Syrupa are used to make a bitter herb palatable or for soothing inflammation or irritation of the digestive system. Store syrups in the refrigerator. To make a SYRUP: Take I pint standard infusion or decoction (prepared as above), strain and add 1-2 ounces of honey or

## To make a TINCTURE, one needs

-I pind Alcohol: 100 proof gin, brandy, or vodka. (Vegetable glycerine or apple cider vinegar may be substituted.) ounces fresh or dried powdered herb. (Fresh is best.)

Fint-sized amber glass bottles with tight fitting lids or natural corks, Beeswax, (to seal the cork stoppera)

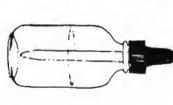
-Natural undyed cotton muslin for straining tinctures.

the secred blood is released from my womb. As the bottle opens, as my womb opens.

As the secred pulse is released from the bottle, as release and your out, is an arcient feminine symbol of the worsh The Bottle, having the capacity to contain or enclose as well as

alkaloids, and resins (usually insoluble in water) are to be extracted. is 60% alcohol and 40% water, etc. The higher percentages of alcohol (60%, 70% and 90%) are used when volatile oil know the percent of alcohol to water. 100 proof alcohol (popular for tinetures) is 50% alcohol and 50% water. 120 proof alcohol their concentrated potency, a smaller quantity is necessary in any dosage. With alcohol, the proof number can be cut in half to popular among the lay folk and herbal practitioners because they have a long shelf life; they are easy to carry around; and due to extract medicinal qualities often in the form of medicinal oils that a water menstruum is incapable of extracting. Tinctures are during the process, an alcohol-water mixture (or on occasion vinegar or vegetable glycerine) is used. Alcohol has the capacity to Tincturing is a process in which the herb is steeped in the menstruum at room temperature. In order to prevent fermentation

to air. Remember: tinctures made from fresh herbs are always stronger than those made from dried herbs. Adjust dosage accordingly. your finctures. Make sure the lid is airtight; essential oils and alcohol evaporate rapidly when exposed the soil the tiretures probably won't miss daily shaking. To benefit from the natural drawing power finctures at the time of the new moon and finishing them on the full moon. Always label and date ascribed to the waxing moon, some herbalists are known to follow the ancient practice of preparing her experience she has found "......there is no need to shake it [tinctures] daily," so, by burying in before it was uncarched to be used as medicine. Susan Weed in her Wise Woman Herbal notes that in find deep with the top of the bottle pointing to the east. Here it stayed for one moon cycle of 28 days shake the container at least once a day for at least two weeks. Pilar, the crone Gypsy in Gypsy Foll Nedicine, buried a Gypsy tincture called Heal Everything Tonic (made with Mistletoe) in the earth I top of the herbs until the bottle is filled to the top. Label the bottle with what part of what herb and lincture. Cap and seal the top of the bottle with beeswax. Place this tincture out of direct sunlight and boule with as much fresh herb as you can, or 4 ounces of powdered dry herb. Pour the alcohol on To make a tincture, fill a pint aized bottle with freshly picked or powdered dry herb. Fill the pint Note: Never use rubbing (isopropyl) or wood (menthyl) alcohol. Both are poisonous. Cap the top, and the next day top the alcohol up that was soaked up by the herb in your



Dry quickly on stainless steel screens or in a cheesecloth hammock out of direct sunlight. Turn occasionally. When completely dry, store in airtight containers

PREPARATION AND DOSAGE - CHAMONILE

same family. Chamomile contains the uterine contracting and possibly toxic thujone (see Thujone). People who are allergic to Ragweed, Asters, or Chrysanthemums should be cautious of Chamomile, for it is in the Words to the Wise: Chamonule pollen may cause dermatitis or strong allergic reactions in sensitive individuals

Watch For Signs of Toxicity Specific to Chamomile: Nausca, vomiting, vertigo, convulsions, personality

changes, delirium, and hallucinations.

added makes a mildly emmenagogual and carminative tea. Boiling will destroy Chamomile's oil; do not boil contributes calming qualities when added to a bath. Chamomile infusion with a bit of grated Jamaican Ginger medicine. Start out at yegy small doses if you decide to use Chamomile's essential oil. Chamomile infusion internally.] Take care of yourself; seek the advice of knowledgeable herbalists and doctors educated in herbal producing an abortion than Chamomile's essential oil. I make it a practice to avoid the use of essential oils deadly at a dose of one teaspoon! [I believe there are other abortifacient herbs that are safer and more efficient at Preparation: Essential oils are extracted by distillation and are very concentrated. Some essential oils can be DOSAGE-CHAMOMILE

Standard Infusion: Steep 20-30min. 1/4 cup, 2-3 times a day

Standard Tincture: 1/3-1tsp., 2-3 times a day.

Powdered (flowers): 5-10 #O capsules (30-60 grains), 2-3 times a day

1. Tearry, 46. 2. Speerle, 168.

## COTTON ROOT BARK



Gossypium hirsutum

Malvaceae (Mattow Family)

Part used: Inner bark (cambium) of the root Aka: Cotton Root

Parturient, Oxytocic, and Vasoconstrictor. Medicinal Properties: Emmenagogue, Hemostat, Lactogogue,

the production of breast milk. Effects body: Stimulates uterine contractions and stimulates

acid, salicylic acid, betaine, sugar, traces of essential oil DESCRIPTION Yit. + Min.: Root bark is rich in Vitamin E. Contains: Goseypol, resinous substance with phenol-carbonic

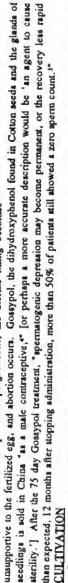
covered with a grayish lint (Cotton fiber). Upon maturity, the only one day, have paper-thin cream to yellow petals with a boll becomes dry, splitting from the tip and exposing the seed pods (called bolls) form, each containing around 36 seeds purple to marcon center. After fertilization, 3-4 segmented Cotton fiber. long. Cotton's beautiful cup-shaped blooms, that open for are usually alternate, 3-lobed, and around 2-6in. (5-15cm) dark green leaves that sometimes have a grey blush. Leaves climates. Branching stems, hairy or occasionally smooth, bear biennial or perennial ahrub 2-5ft. (0.6-1.6m) tall in tropical Cotton grows as an annual herb in cooler climates and as a

## COTTON HERBAL LORE AND MEDICINAL USE

rape enslaved African women. Raping was even considered profitable, for any children that resulted from the offense would under the number of layes the rapist owned. The enslaved when used Cotton Roof Bark infusion to produce abortion, quite Cotton industry in the American southern colonies was founded on the enslavery of African people. Slave owners were known to explorers to North America recorded that the indigenous people were masters at weaving Cotton textiles. Native American women of the Alabama and Koasau tribes utilized the medicinal properties of the Cotton root. A tes made of the Cotton roots Remains of the Cotton plant have been found in Mexican Aztec burial mounds, which predate the Egyptian pyramids. Early boiled in water was used to side contractions in childbirth, and in high doses Cotton root was known to induce abortion. The The use of Cotton predates recorded history. More than 8000 years ago, the Mexican Azteca grew Cotton for textiles

bark was used by enslaved African women 'apparently with no serious [physical] 🔀 native Africa, where the Asiatic strain of Cotton is thought to originate. Cotton root Unfortunately, some slave owners found out about the use of Cotton root bark for decoction of the root bark of Stagbush Viburnum prunifolium which came to be possibly an age-old wise-women knowledge passed from woman to woman in their side-effects,2" beside the wrath of the slave owners if the women were found out. abortive purposes and subsequently forced the African women to drink an herbal known by the common patriarchal name Black Haw. Viburnum prunifolium ia al strong abortion and miscarriage preventative and forced the African women to carry the pregnancy to term (see Herbs to Avoid).

testing on rate show that at high doses Cotton root bark "interrupts pregnancy due to and encourage the production of breast milk. The Cotton seed and root are used in the treatment of nasal polyps, uterine fibroids, and other types of cancer. Chinese of the corpus luteum, which produces progesterone, the uterine lining becomes Herbalista today use Cotton Root Bark to produce abortion, stimulate contractions, its antiprogesterone and corpus luteum effect. 3" With interference in the functioning



Cotton (min. temp. 60-65°F) will grow well in a hothouse or greenhouse in northern climates. Cotton needs 70°F for seed to germinate. Plant Cotton seed in well prepared beda of well-drained rich sandy loams, especially likes alluvium. Allow 6-10in. so be sure to add plenty of nutrient rich compost and manure to your beds. Cotton grows best in a warm to hot climate that has (15-25cm) between plants, later thin to 1-2ft. (0.3-0.6m) between plants. Cotton needs fertile soil during early stages of growth, 180 frost-free days per year, but Cotton can be treated like an annual and grown in northern areas.

Cotton is found growing wild on sand dunes and railroad beda (Caution: toxic chemicals in southern Florida and the Keys. Cotton is cultivated throughout the southern United States (see below). The bark of the Cotton root is gathered before the frost sets in, sometimes as late as December in the warmer climates. Peel inner cambium layer from the root bark in long strips (1cm wide). Dry cambium arrips out of direct sunlight, and when completely dry, cut to size and store in an airtight container. PREPARATION AND DOSAGE

on animals and bumans for periods of eight weeks, showed atrophy of the uterine lining tissue.7 Abortifacient Words to the Wise: Cotton root bark decoction has a reputation as being "the safest and most certain herbal herbs should never be used as a primary method of birth control. Warning! Commercial Cotton contains large season the U.S. Cotton crop was sprayed with 7,000,000 pounds of desiceants and defoliants as well as abortifacient. Towever long term use of any medicine can prove to be harmful. Chinese tests with Cotton root, amounts of toxic chemicals and is not fit for human consumption! According to a 1982 USDA survey, in one 34,000,000 pounds of herbicides and pesticides! When plants that contain toxic chemicals are consumed by has been grown organically. Consumer demand for organic Cotton clothing has prompted four U.S. states people, unpleasant reactions indistinguishable from plant poisoning can occur. Be sure that your Cotton root bark (Arizona, California, Tennesace, and Texas) to produce small amounts of organic Cotton. There is a great demand for organic Cotton root for herbal use and not enough to go around. To purchase organic Cotton root, locate organic growers in your area, or grow-your-own for yourself and to trade to other women in need! Watch for General Signs of Toxicity listed back cover.

Preparation: Cotton root bark has the dual capacity of preventing implantation with an anti-progesterone effect and sumulating uterine contractions. Cotton root back is usually given by itself as a simple. DOSAGE-COTTON ROOT BARK

Decoctions: Add 31/2 ounces of dried Cotton root bark to 2 pints (1 quart) of water. Boil @ 20-30min., until the liquid is reduced to half (1 pint liquid decoction). Take 2-4Tbs. (1-20z.), every 30min. to 1 hour. Standard Tincture: 1-4tsp., every 30min. to 1 hour.

Powder (root bark); 3-8 #O capsules (20-60 grains), every 30min. to 1 hour.

L.Weiber, 11, 2.Duke, 219, 3.Hung, 236, 4.Duke, 219, 5.Hung, 237, 6.Wood, 11, 7.Pug, 639-645, 8.Krizmunic, 16,



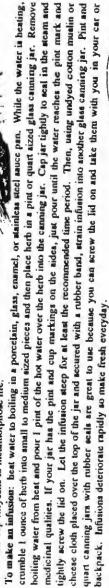
## HERBAL PREPARATION

- but should not be used to hold any berbal preparation. All metals should be avoided when preparing berbs as metals tend to after - Glass, porcelain, enamel tea pot or sauce pan with tight fitting lid. Stainless steel pans can be used for the heating of water, For each INFUSION or DECOCTION, one needs:
  - Pure water, the best you can find i.e. distilled (best), bottled spring water, or purified water.
  - Wide mouth part or quart glass canning jar with good tight-fitting lid. The pint and quart mason jars with cup and pint the medicinal alkaloids in the preparations.
    - markings on the side are very convenient.
      - -Washed, undyed cotton muslin cloth for straining and filtering. - Wooden stirring spoon (optional).
- Mortar and pestle, kitchen blender, or an electric coffee or spice grinder to break up the berbs into smaller pieces.
- Kitchen scale that includes metric weight. If you do not own a scale and are purchasing herbs, at your herb store, measure your herbs into individual I ounce bags for use in standard influsions or decoctions, or 4 ounce bags for standard tinctures. This will allow you to have accurately measured herba without having a scale. For the future, wash and save plastic hags to reuse.

### To make an INPUSION:

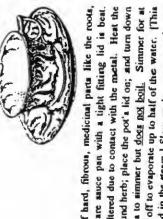
Native American Making Cotton Textiles

- I ounce (28.3 grams) dried herb (leaves and flower tops). - Water (a little more than 1 pint).
- Infusion is a casy process used to obtain active herbal principles that are readily soluble in water. Infusion is appropriate for leaves, flowers, and non-woody stems. Water is the menstruum, or solvent, that extracts through diffusion the water soluble active principles of the herb. The word nenstruum in Latin originally meant 'menstrual blood.' The meaning of menstruum, from 'menstrual blood' to 'solvent' evolved from the belief that menstrusi blood was the solvent that extracted the potency of the semen in the womb-cup chrysalis to metamorphose fife.



### To make a DECOCTION

- I ounce herb (root, stems, or bark), ground or cut up into little pieces.



water in the pan to the point that steam begins to rise off the surface. Add the ground herb; place the pot's lid on; and turn down Decoction is a process used to extract the water soluble medicinal qualities of hard, fibrous, medicinal parts like the roots, Stainless steel may be used, but some of the medicinal plant alkaloids might be attered due to contact with the metal. Hest the the heat to simmer. Watch the pot regularly to make sure the decoction continues to simmer but does not boil. Simmer for at least the time recommended for each herb. Some herbalists leave the lid of the pot off to evaporate up to half of the water. [This Set temperature of slow cooker or erock pot to low, so steam rises from the surface of the water, but the water never boils. Set the atems, and bark. Ideally, a ceramic, glass, an uncracked enamel, or earthenware sauce pan with a tight fitting lid is beat. does not seem logical to me, because the medicinal qualities would also be released in the steam.] Slow cookers or a crock pots with tight fitting lids, make excellent decoctions and eliminate the need to watch the pot constantly to make sure it does not boil.

The cap is symbolic of the feminise principle of containing and embracing.

The cup is an open dilated womb cup.

As the cup openly releases it a contents, as my womb openly releases it's contents,"

book who want the herbs as soon as possible. Buying dried herbs and herbal preparations from a local supplier is the most realistic option for the many women reading this

. Ask around to see if an organic grower sells herbs in your area.

ume and energy, call around and find which stores carry the herbs you are looking for. chemical processing. Health food stores vary widely in what they offer as far as bulk herbs, tinctures, and essential oils. To save store in town, and they have medicinal herbs in bulk, this is probably your best bet on getting herbs that have had the least 2. Check in your local yellow pages under 'Herbs' and 'Health Foods.' If you happen to have a CO-OPerative health food

or moldy), look fresh (vibrant dried flowers and leaves still having their color), and feel fresh. Susan Weed in the Wise Woman buying herbs from a store is that you can experience the herbs before you buy them. Look for herbs that smell fresh (not musty 3. When purchasing bulk herbs always look for and except only the best quality herbs you can find. One of the benefits of Herbel calls the feeling of good herbs "tingle...sparkle." Tune in to how the herbs uniquely communicate with you.

lost much of their medicinal qualities due to oxidation. powder yourself using a mortar and pestle or electric coffee grinder. The powdered herbs available in herbal stores often have 4. To insure the quality of your powdered herbs choose your own bulk dried herbs (leaves, roots etc.) and grind them to

(28.3 grams) bags for use in infusions or decoctions, or 4oz. bags for tinctures. 5. If you do not have access to a scale at home, use the scale at the store to accurately weigh all your herbs into individual loz

6. Always label your bags of herbs with the name of the herb and the date purchased.

7. When purchasing prepared medicinals (tinctures, pre-mixed berbs, etc.), always follow the directions on the bottles or

8. Do not purchase anything that looks as if it might have been tampered with

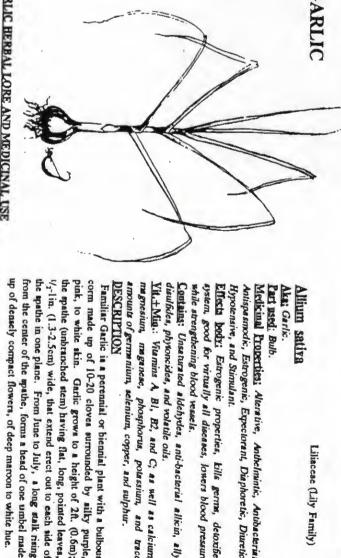
9. Store medicinal herbs out of direct smilght in a cool place out of the reach of children

pregnancies will be successful before the end of the first week and will not need to purchase anymore herbs. Women who to take throughout one week. This can add up, so it is best to make a list. I buy a few extra days dosage, in case for some reason the opportunity to follow their own instincts regarding what herbs and how much to buy. purchase herbs for the second week also will benefit from purchasing herbs a second time, because these women will again have purchase some Nettle and/or some Alfalfa, for a nutritive boost after bleeding is well underway. Many women with early I'm not able to get to the store or for the times when I intuitively feel the need to increase my herbal dosage. Don't forget to Before I go to the herb store, I make up a shopping list of the herb or herbs I've decided upon and how many dosages I expect

Organic Herbal Suppliers) sources and other organic growers I found instead of the commercial sources I had previously thought were okay. (see Mail Order Even the sacred herbs have been tampered with! After I read this wise-woman's words, I decided to include some of her trusted commercial warehouses, even those storing organic herbs, must be legally furnigated several times a year with chemical sprays." irradiated with the equivalent of hundreds of chest X-rays, yet there is no labeling as to which herbs have been so treated. All the health of the mother earth. Susan Weed, in her informative Wise-Woman Herbal, shared how many commercial herbs are United States are used on herbs grown overseas (and 80% of commercial herbs are imported). Dried herbs may be legally grown, "Grossly substandard wages are paid to harvesters in third world countries. Festicides and herbicides banned in the through mail order is well worth it when you have the time. Supporting growers of organic herbs is vital to our own health and herbs mail-order is probably not a good idea if you are pregnant and wanting herbs as soon as possible, because it will take around a month for the herbs to arrive. In the future though, finding a local organic herb grower or purchasing organic herbs purchase 3 to 6 months of herbs in advance so they save shipping costs and don't have to order all the time. Purchasing organic Mail-order organic herbs is another good way to go if you are purchasing for the future. Some people, who have the cash, medium-sized town I've been in, there have been a few organic herb growers. Check around to see if there is one in your area. The next best thing to growing your own organic herbs, is to support an organic herb grower near you. In just about every

> I spruk of the erotic as the deepest life force, a force which moves us toward being in a fundamental way. He tend to think of the crobe as an easy, tantalizing sexual arousal

Andre Lorde, in Claudia Tate, ed., Black Women Writers at Work (1983)



amounts of germanium, selenium, copper, and sulphur. ringnesium, maganese, phosphorus, polassium, and trace

Yit.+Min: Viamins A, Bl, B2, and C; as well as calcium,

disulfides, phytoncides, and volatile oils.

Contains: Unsaturated aldehydes, anti-bacterial allicin, allyl

while strengthening blood vessels.

Hypotensive, and Stimulant.

Antispasmodic, Estrogenic, Espectorant, Diaphoretic, Diuretic,

Medicinal Properties: Alterative, Anthelmintic, Antibacterial,

Allium satira

Liliaceae (Lily Family)

art used: Bulb. ka: Garlic.

system, good for virtually all diseases, lowers blood pressure Effects body: Estrogenic properties, kills germs, detoxifies

Familiar Garlic is a perennial or biennial plant with a bulbour

GARLIC HERBAL LORE AND MEDICINAL USE

healing, antibacterial, 'evil spirit' abating vapor. When the babe was born, the women would fasten around the infant's neck a culinary, medicinal, and spiritual virtues of Garlic. To the ancients, Garlic bulbs, along with Onion and Chive bulbs were necklace strung with protective Garlic clove charms. women (midwives) would generously hang Garlic all through the delivery room. The room would be filled with Garlic's warm, and trust by Garlic when taking an oath. 1 Garlic was known to drive out sickness, or evil spirits, from the body. Greek wise ancient Egyptian Cosmogony. The common peoples' faith in the spirit of Garlic was so strong, they would awear their loyalty recognized as being symbolic of the universe. The skin, upon skin, upon skin symbolized the layering of spiritual results of the Garlic was originally native to the Kirgiz region of Siberia in Asia. Over 4500 years ago, the Babylonians praised the great

there is evidence of Garlic being used in folk medicine as an abortifacient. and expulsion of the placenta. For the same purposes it was said to be smoked (possibly furnigation of the vulva). In India, ophioskorodoa (Serpent's Garlie). Boiling the umbel flower of this Garlie was good for a sitz bath to help promote menatruation suppository was again noted to "bring down the menses." Dioscorides also mentions a wild Garlic on the island of Cypress called menstrustion promoter and an aphrodisiac. In Dioscorides (1st or 2nd century A.D.) Greek Herbal, a Garlic clove inserted as a Natural History, Garlic beaten up with fresh Coriander and taken in unmixed pure wine, is a popular recipe listed as both an vagina as a suppository to bring about menatrustion. The Garlic head was boiled, (cooled), and inserted. In Pliny's (23-79A.D.) tell that she will not conceive. In Diseases of Women, another work by Hippocratis, Garlie is again suggested inserted into the clove of Garlic is inserted into the vulva in the evening, the next morning, if the woman's breath did not smell of Garlic one can unleavened white bread, and shearings of Cedar trees [Cedar-Arbor Vitse?!?] and placed on the abdomen for the same problem. Both the Kahoun and Carlaberg papyrus and in Hippocratic (460-377B.C.) treatise, On Sterile Women, state that if a pealed, clean solution which was introduced into the vulva. In the Codex Ebers was another recipe, a plaster was made of crushed Garlic, ancient medical document, the use of Gardic to alleviate menstrual disturbances is first mentioned. Gardic was used in a wine herbs mentioned. Dated to 1550B.C., the Egyptian Codex Ebers is one of if not the oldest preserved medical text. The historical evidence of Garlic's powers as an emmenagogue and abortifacient is by far the most extensive of any of the

Cerealia, held in the middle of June to celebrate the summer solstice. The Cerealia was held in honor of Goddeas Ceres Legifera, Ceres produced. Ceres was the source of all life, all fruit of the land and of the people. Always true, just, and generous with those who won his favor; his priestases were known as the favoder a firthe Roman legal existent. At the fine of Cerealia the lawgiver, who ruled Rome during her sacred matronae 600-200B.C.1 The Cerealia was a peaceful celebration of the joy of life, when the flowers were in full succulent bloom, when the air carried the fragrance of all the life that Mother Earth Goddess Ancient Roman women and men celebrated the sexual liberty granted by the sacred approdisiac abortifacient Garlic at the

contributing to erection.7 Garlic with Cortander seed in wine, as in the emmenagogual recipe by Pliny, was a love potion given psychological fears associated with becoming pregnant, Garlic promotes free sexual expression. Garlic may have been used as a by lowers to each other for mutual sexual enjoyment. Garlic can be said to be a women's aphrodisise, for in Garlic's release of spermicidal contraceptive as well, for recent scientific studies have shown Garlic's active principle, allitridum to be highly In ancient Greece, on the night of the full moon, women placed Garlic offerings on stone alters at the crossing of three roads in respect to Hecate," Goddess of magic charms and enchantment, who was sometimes called "most lovely one," a title for the moon.16 On the full moon, ancient women are recorded as having ovulated. The full moon harmonized with increased sexual desire of ovulation and ancient sexual celebration ritual. Hecate was derived from the Egyptian wise woman-midwife, Heqit, who was in charge of the hekau, "mother words of power." The three roads of the crossroads the feminine Trinity of life; heaven, earth, and the underworld. A statue of Hecate with a face pointing in each direction was placed at the crossroads, symbolizing Hecate's three-fold identity: in the beavens in the form of Hecate Selene (the Moon), on the Earth in the form of Artemis (the birth giver and great huntress), and in the Underworld in the form of Persephone (the Destroyer).12 spermicidal in both animal and human tests."

kings, priests, anstocrats, politicians, lawyers, and husbands created taboos against Garlic's use. Greek priests excluded anyone Garlic's use as an abortifacient an aphrodisiae caused much stress and distain amongst the celibate clergy and the politicians original Mother of All, threatened the male-domination foundation of the Roman Catholic Church who viscously called her a who are Garlic from the temple of Cybele, Mother of all Gods, Mother of Zeus.13 The wide-spread worship of Cybele, as the courtesan mother "not of the gods, but of the demons.14" The phrase 'dirty work at the crossroads' epitomizes the propaganda regarding Hecate and the women who worshipped her. The peaceful celebration and the placing of cakes with candles (thought to who enacted law and social 'morality' to control women, their sexuality, and their reproduction. The patriarchal club of gods, punished, and demoralized to serve the desire for complete control of women by the patriarchal all-male state. Remains of anti-Garlic propaganda can still be observed today in people who fear eating Garlic and having Garlic breath, the creation of odorless Garlic pills, and the lack of use of fresh Garlic as a medicine. But the most viscous result of the propaganda against Garlic can be seen in the majority of women, who for hundreds of years have been held in ignorance of Garlic's powers as and be the origin of birthday cakes) at the crossroads in respect to the female Trinity symbolized by Hecate was twisted, illegalized, enmenagogue and abortifacient.

### CULTIVATION GARLIC

growing season, water regularly during dry periods. Where winters are severe, plant Garlic in early apring for a harvest in the Plant individual Garlic cloves point up, 1/ in. (1.3cm) deep in autumn in full sun to light shade in well prepared beds of rich, loose, well draining soil. Allow 10in. (25cm) to each side of your individual garlic cloves for maximum growth. During the fall of the following year. Mulch during winter. Garlic can be found growing wild in the U.S. from New York to Indiana, and stretching southwest to Missouri. The bulbs of Garlic are harvested in late summer before flowers appear when the green foliage turns brown. Garlic tops can be braided while freen to make an attractive convenient strand, or pulled bulba can be left in the sun for a few days to dry before storing in a cool

## PREPARATION AND DOSAGE-GARLIC

Words to the Wise: Garlic may increase blood pressure and increase the number of leukocytes (white blood cells) in the blood. Garlie is eatrogenic (see Estrogenic). Fatalilies have been reported when Garlie preparations fell into the hands of children. As with all medicines, keep herbs in a safe place that children cannot access. Watch for General Signs of Toxicity listed on the back cover.

Preparation: The use of Gartic as a suppository may be used in combination with any abortifacient herbal treatment. Paraley may combine well with Gardic as a suppository.

but did you know fresh Paraley as a vaginal suppository is a uterine stimulant? Note fresh Parsley's use as a suppository in Nan Kochler's 'Herbal Abortion" article included in this booklet. Parvati observes that when she tried fresh Parsiey as a suppository, 'within a few hours my womb was contracting passionately.13" In large doses, Parsley's essential oil was once used as an abortifacient.16 In ancient times, Paraley with its three-fold leaves was a Your probably familiar with Parsley's ability to reduce the odor of Garlic on the breath, secred plant symbolizing the feminine Trinity.

Fo use a Garlic clove as a vaginal suppository; Peel one Garlic clove, carefully making sure not to nick the do not use. Any bacteria that would decay antibacterial Garlie is certainly very strong, so use only perfectly surface. Check for any discoloration of the Garlic clove. If the clove has any brown spots or any sign of decay,

Gathering Herbs

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FIQWEIS Carefully collect flowers when open or in some cases like Chamomile, collect as buds. Flowers are ideally collected at midday on dry days. Discard stalks. Dry on stainless steel screens or in a cheese cloth hammock in the shade. If drying inside, cover to protect from dust. Do not use artificial heat to dry.

Fleshy fruits Fruits are gathered when fully ripe before they have begun to dry out on the plant.

Seeds Collect seeds in dry weather when mature.

# GENERAL TIPS ON DRYING AND STORING HERBS

The sim of drying herbs is to eliminate moisture without damaging the herb's constituents. Sunlight can cause photochemical environment is necessary when drying herbs, for this reason herbs are gathered and dried on days when the weather is forecasted to be dry. Artificial drying is another possibility. Herbs can be hung near the ceiling in a room warmed by a wood stove or alterations and damage the active principles in the herb, so it is best if herbs are dried in the shade. Good ventilation and a dry furnace. Insure adequate ventilation by setting up a fan to help move the air around. Flowers and leaves can be dried safely at dry Store thoroughly dry herbs in sirtight plastic bags or glass jars in a dark, cool (550F) place. Herbs and herbal preparations are medicines; store in a safe place out of reach of children. To seal lightly, rubber seals for glass jars can be cut with soissors from heat temperatures of 80-100°F. Roots, back, and woody parts can be dried safely at dry heat temperatures of 100-140°F.

a washed clean bicycle of tire inner tube. If you store herbs in plastic bags, put all your bagged herbs in a un or glass container to protect them from those little critters with sharp teeth who have a craving for some dried herb salad. Leaves and flowers will, if stored correctly, keep for about a year. Barks and roots have inherent natural fungicidal and bactericidal properties from existing in the living soil of Mother Earth. A cubic inch of soil can contain billions of bacteria, fungi, viruses, and protozoans! Because of their natural anti-bacterial properties, barks and roots will keep for years if dried thoroughly and stored correctly. Always label and date herba.

## Dermatitis and Phototoxicity

Some abortive herbs are known to have caused dermatitis (inflammation and itching of the skin) in sensitive individuals who gather them. The plants known to have caused dermatitis are: Angelica, Chamomile, and Rue. If you are sensitive to plant initants, you might try wearing long gloves when gathering and avoid contact with herbs whenever possible. (See Dack cover for treatment of skin contaminants.) Some abortive herbs are known to have phototoxic properties. Phototoxic herbs cause harmful reactions in the body when the herb's chemicals interact with light rays. Phototoxic herbs can cause a rash and blistering in individuals who take the herbs and then expose themselves to light rays of the sun. Abortive herbs known to have phototoxic properties: Angelies, Rue, and Tansy. To be safe, stay out of the sun when taking these berbs. When taking any herbal medications, if you have a skin reaction and have been exposed to the sun, seek shaded cover immediately.



Spuken are anciently symbolized as weaven of the strank of face and desting

Bienniah' roots are best supplied with their life energies in the late autumn of their first years growth at the time when the plants Ammads' roots are best gathered just before the plant is due to flower when the roots are best supplied with life energy juices. nerial parts die back.

Bulbous roots are best gathered when their leaves dry and fall. Perennials' roots are best gathered in the spring before vegetation has begun, gathered after at least two years growth

Note: There are always exceptions, Male fern's rhizome is gathered in summer. Bark of the root is usually gathered at the proper time the root would be taken.

principles. When thoroughly dry (breaks clean instead of bending), store in airtight container. Label, date, and store in a cool recisture left in the herbs will provide an environment for mold and bacteris, which decay the herb and destroy natural medicinal @100-1400F. Adjust temperature to suit roots; insure brisk drying without scorching. Drying thoroughly is important, any clean, brush or shake sand covered mots. Wash clay covered roots in clean pure water and set on clean cloth in the shade to dry. same area again, mark the plant with a marker that will last a few years, like a ring of medium sized rocks around the plant. To place out of reach of sunlight and children. Large roots are sometimes cut into smaller pieces before they are dried. Roots may be dried in an oven or above a wood stove at with the plant world. Bulbous roots are one exception to this rule; they are gathered in their entirety. If you plan to gather in the survival to flower and aced, you insure the survival of the species and new young plants in the future. You insure good relations To insure the plant's survival, up to 1/4 of the root can be gathered off a mature healthy plant. When you insure the plant's

growing pattern. To gather bark, 2 circular cuts are made around a section of the branch and then one along the length, to release a ring of bark: Choose 2 year old branches evenly spaced around the tree. Gathering from just one side of the tree will cause imbalance in the the tree but will sacrifice all of the branch beyond the cut closest to the trunk, so gather all usable material from the entire branch. safely gathered from actively growing 2 year old branches on mature healthy trees. Gathering bark from the branches will not kill from young trees and the trunks of older trees, but this damages the trees to such an extent that they usually die. Bark can be Branch bark is usually gathered in early spring or late autumn when the bark peals easiest. Some sources advocate taking of bark

discarded along with any decayed parts. Dry cambium bark thoroughly on a clean cloth in the shade. May be dried like roots near stove. Label, date, and store in an airtight container out of direct sunlight and out of reach of children The cambium layer, the nutrient, medicinal rich inner layer, is usually pecled from the protective 'dead' outer bark, which is

Herh (serial parts, including leaves and flowering tops)



good ventilation, and fold a paper tent for over the string on top of the bundles to keep off dust. Do not use artificial heat to dry through the twist tie and attach the bundles to the string. If you are drying the bundles inside hang, them in a dry dark place with more medicinal energy than the low older leaves. Look over just picked herbs; discard any decayed, yellow, or partially eaten When thoroughly dry, label, date, and store in an airtight container out of direct sunlight and out of reach to children. parts. To dry, tie a string between two trees in the shade. Tie herbs in small bunches with twist ties. Use the paper clips to clip Herha are hest gathered before the flowers open, in the morning just after the dew has dried. The young tops and leaves contain

> may be inserted in the vagins or used in a sitz or sitting bath. The rest of the boiled Garlic head should be stored can be inserted like a fresh clove, or the cooled liquid infusion from the boiling of the head or the umbel flowers in the refrigerator for use the next evening. Use these methods until you get you period. Discontinue if you feel to gravity. Historically Garlic, in clove and umbel flower form, was mentioned boiled. A boiled, cooled clove any signs of discomfort. Do not use Garlic as a suppository for longer than two weeks. evening. Using the Garlic during the daytime, may not be as effective as the Garlic clove might gradually fall due far up into the vagina, up against the cervical os. Remove clove in the morning. Insert a fresh clove the next tying with a piece of string for ease of removal. Before going to bed, gently insert the healthy fresh Garlic clove healthy fresh Garlic cloves. Parvati in Hygicia recommends wrapping the Garlic clove in a bit of cheesecloth and Garlic and Coriander Wine

1/4 oz. Coriander seed, crushed

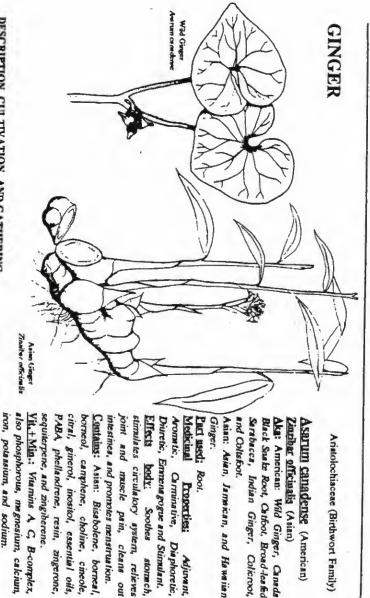
or more cloves of gartic, minced. (to taste)

Bottle ingredients. Cork and seal with beeswax. Soak for 2-3 weeks. Strain pint of quality Shorry, Port, or Malaga red wine, the best you can afford.

Add 1-2oz. of honey or a half a cup of sugar. (Optional)

1.L.J. Harris, 9. 2.Strobing, 591. 3. L.J. Harris, 21. 4.Casey, 594, and Saha, Savini, and Kasimban, 131. 5. Walter, 158. 6.Bacholm, 192. 7.L.J.Harris, 85. Take in a small glass, 3 times a day, 30 min. after meals.

8.Qian, 295-302. 9.L.J.Harris, 10. 10 Angus, 173. 11.Budge, 196. 12.Weebock, 203. 13.L.J.Harris, 27. 14.Verrossacran, 181. 15.Purvsti, 216. 16.Ryman, 31.



Ypod

Soothes stormech,

Carminative,

Dia phoretic Adjumine

roper bes

Root.

DESCRIPTION, CULTIVATION, AND GATHERING

often used in shaded landscapes as a slowly spreading ground cover. Propagation of Wild Ginger is by division of thizomes. Plan Ontario, south to Florida, and west to Minnesota, also found west of the Rockies, northern California to Canada. Wild Ginger is Ginger-like odor. Wild Ginger is found in rich woodlands growing in cool shaded areas often by streams from Quebec to bell shaped flowers appear hidden under the leaves at the fork between the two leafstalks. The stems and rhizome have a spicy wide leaves arising on whitish hairy stalks from a tan to brown thizome. From March to June, tiny dark reddish brown triangular Wild Ginger, Asarum canadense, is a native North American perennial herb with heart-shaped, velvety, 5-6in. (12.5-15cm)

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Gathering Herbs

root divisions in rich, well draining sandy soil a cool semi-shaded location. The root may be gathered when the leaves begin to die back. Dry thoroughly. Store in an airtight container.

knobby root has a smooth shiny tan skin. Inside, the root is cream to yellow with a very strong spicy odor. Grass-like stems Asian Ginger, Zinzibar officinalis, sometimes called Hawaiian or Jamaican Ginger, is cultivated in tropical climates. emerge from the root nodes.

## GINGER HERBAL LORE AND MEDICINAL USE

menatruation, and to aid in elimination of waste matter and gas. Powdered Wild Ginger root, inhaled like sauth, has been used to specifically by Cherokee women to man their periods. The Practioners of the American Physic Medical School maintain that Wild Ginger root has a direct influence on the uterus. Wild Ginger has been used by herbalists for centuries to induce perspiration, Wild Ginger was used by the Native American for heart palpitations, as a condiment, and to induce menatruation. Used relieve aching head and eyes.

Asian Ginger is very effective at promoting menstruation. Susan Weed notes Asian Ginger as the "strongest and fastest acting of Asian Ginger is the tan ahiny root that can be found in nearly ever Asian food store and even many supermarkets these days. the enmenagogues.2" Simmered in a small amount of water for an hour, Asian Ginger has contraceptive properties as well. PREPARATION AND DOSAGE

Words to the Wise: Take Ginger tea in small dosea. Large doses tend to nauscate the stomach.

Watch for General Signs of Toxicity listed on back cover.

enhancing the effectiveness of any herds with which they are combined. Asian Ginger also has carminative properties which may combine well with Aloe, or other herbs that tend to irritate the digestive organs. A bit of Preparation: Both Gingers are highly regarded for their power as emmenagogues and an adjuvants, but generally Ginger is not considered a strong abortifacient by itself. Ginger's emmenagogual powers are best utilized by taking Ginger infusion for 5 days prior to menses. As adjuvants, Gingers are believed to have the power of fresh grated Nutmeg is delicious in a weak Asian Ginger decoction.

DOSAGE - WILD GINGER

Decection (root); 1tsp. macerated root to 1 pint boiling water, Simmer 5-10min. 1-2Tbs., 4-6 times a day.

Standard Tincture (root): 1-4 drops, 4-6 times a day.

Powdered (root): 2-4 #O capsules (20-30 grains), 4-6 times a day.

DOSAGE-ASIAN GINGER

Standard Decoction (root): Simmer 15-30min., 2-4Tbs., 4-6 times a day.

Standard Tincture (root): 10-30 drops, 4-6 times a day.

Powdered (root): 1-3 #O capsules (10-20grains), 4-6 times a day.

#### ASIAN GINGER BEER

Grated lemon peel (from one large lemon) loz, dried Asian Ginger root (powdered) loz. fresh Asian Ginger root (peeled) Stsp. cream of tartar 8 cups boiling water S cups cold water cups of sugar

Large crock, 6qt. stock pot, or a clean plastic bucket.

tuice of one large lemon

16 clean pint sized bottles or 32 80z, bottles (with lids or Ths. cake compressed yeast Coffee filters slice toast Clean cloth \*unnel Ladle corks).

lemon juice and sur again. Spread yeast on toast and float toast (yeast side down) in mixture. Cover with clean cloth and let Place grated lemon peel, cream of tartar, and sugar in a large crock or stock pot. Crush fresh Ginger with a mallet or clean hammer. Add fresh and dried Ginger to mixture. Pour in boiling water and stir gently until sugar dissolves. Add cold water and stand in a warm spot 24hrs. Place coffee filter in funnel and ladle Ginger beer into bottles, filling each bottle only half full (this allows beer to efference upon opening). Cap bottles lightly and let stand in a cool place. After 2-3 days, open each bottle and let the air escape. Recap again tightly. Drink within two weeks. Enjoy!

1. Hachen, 136. 2.Wood, 7.

Doing ritual, relating to, and respecting the plants comes immitively and naturally. Follow your intuition, talk with the plants sround you, smell, gently touch them, and intimately feel their responses.

1.Rkdde, 28. 2.Robek, 269. 3.Rainch, 168. 4.Hainem, 14-15. S.Inglia, 46. 6.Waller, £56. 7.Measegus, 10.

## GENERAL GATHERING GUIDELINES

- 1. Before you gather medicinal berbs, obtain a list of threatened or endangered species of plants in your state. Threatened and endangered plant species lists are available from your state chapter of the American Federation of Garden Clubs, or sometimes can be found at your local Nature Conservancy or Botanical Gardens.
  - 2. Never collect herbs from any area you suspect may be polluted, for example near: farm fields, polluted with penicides and herbicides; old barns or houses, where the soil may be polluted with lead from lead paints; roadways, where soils have accumulated toxic heavy metals like lead and cadmium from years of use of leaded gasoline and exhaust settling into the soils nearby; industrial areas, where any number of chemicals could be in the soil, or any waterways that may be polluted from any of the above. Ingestion of herbs gathered from areas where the soil has been polluted may result in poisoning, with signs of toxicity identical to those listed on the back cover.

(NOTE: You may wonder if there exists a place where there are any plants untouched by pollution. The only way you will ever truly know if the herbs you gather are truly safe is if you get your own soil tested and grow your own, organically, or if you purchase organic herbs from a reputable organic herb grower.)

3. Use a detailed field guide. Always be positive of the identity of the herbs you collect. Many potentially fatal look-alikes The Peterson Guides have arrows on the exist. If in doubt do not collect. I recommend the Peterson Field Guiden. illustrations indicating essential differences between look-slikes. Remember:

'THERE ARE OLD MUSHROOM HUNTERS, AND

THERE ARE NO OLD, BOLD MUSHROOM HUNTERS! THERE ARE BOLD MUSHROOM HUNTERS, BUT

-Anonymous (Same goes for medicinal plant hunters! - Uni)

root undisturbed. When collecting leaves from perennial herbs, leave at least half of the leaves on the plant. Plants need their leaves to produce energy reserves for the winter. In most mature healthy perennial plants, one could gather up to one fourth of the 4. Always leave enough of the plant to ensure its survival. When collecting any part of an herb other than the root, leave the medium-sized stones in a 1ft. circle around the plant as a protective medicine wheel marker. Do not gather from the plant again leaves or root without endangering the survival of the plant. Each plant has different growing cycles and are effected differently by collection. Follow your intuitive feelings. Never collect more than you will use. After gathering, place a circle of until it has completely recovered.

4. When gathering plants, be gentle to the surrounding vegetation. Gather when you are relaxed and patient. Take your time, and always plan where you step so you damage as few of the surrounding plants as possible.

5. For easy drying and storage, always gather herbs when the weather for the following few days is forecast to be dry and

#### GATHERING LIST

- a centered self with a clear head. (Most important.) - an accurate field guide.
  - gifts to the plants.
- a magnifying glass, to admire the plants individual details. - a small shovel, or a digging stick or bone.
  - an old tooth brush to remove sand and dried soil. - pocket knife, scissors, or garden clippers.
    - - pen or pencil to note the herb on the bag. paper bags to place the herbs in.

To dry berba:

- twist ties are convenient.
- paper clips.
- piece of clean cloth to place washed roots on to dry.



herbal medicine, and ultimately the future of each person reading this book. prepared herbal medicines is essential to the future of the plant world, the future of the animals who eat the plants, the future of the environment is compromised for greed. We are all interconnected. Conscientious gathering and purchasing of herbs and monetary gain. This statement can apply to all natural "resources." By far, the greatest damage comes to all living things when The use of plants can easily turn into the abuse of plants when the focus of the gathering is not on individual use but on

gathering ritual exist in herbal lore. The Navajo tradition of collecting plants is a ceremonial activity. Kneeling down beside the plant, the Navajo dust the leaves with maize pollen. Talking, the Navajo people convey their feelings to the plant: Every plant in this book has been considered holy and sacred in past cultures (and some present). Remnants of respectful

Forgive me for taking you. I do not do this out of pride.

I want you to heal me. I will only take as much as I need."

is assured. After I have taken what was allowed, I thank the plant for the gift it has given me. I promise the plants that my if the seeker allows [her]self to be guided by the fairies - in other words by clairvoyance, 3" herbs. "In the West of Ireland, the tradition is that the right herb to treat an illness will not be found if it is searched for, but only thoughts will be with them and their efforts to keep our planet alive.\* Following intuition is an ancient wise-way of gathering (Icaves, blossoms, stems, and roots), I leave the strongest portion of the plant in the ground. In that way I know that new growth could not sleep if I were not sure that the part of a plant necessary for its survival was left intact. If I need every part of the herb afterwards. I gather only those leaves and flowers, take only those portions of a root, a bark, and fruits, that I really need. fraction of its potential effectiveness available to me. I would never tear a plant out of the ground just to throw it away use its defense mechanism. If torn from its base, it will seal off most of its positive energy and will, therefore, only make a next plant and try to find sympathy. Because I know that if a plant does not want to give itself to me of its own free will, it will collected Kerb loses its healing power. An offering is given to the plant spirit when a piece of the root is taken: some leaves of a involve my whole being in the process of gathering. I turn to them, asking for their help. If one plant should refuse, I turn to the Mother' of her Gypsy clan, speaks of the intuitive ritual activity of gathering plants, "....... talk to them intensely but quietly; I plant of the same species or a sacred small piece of turquoise is placed in the space where the gathered root was previously. Across the ocean, the Gypsies in Spain gather herbs with similar ritual. In Gypsy Folk Medicine, Pilar the Bati Puri or 'Old They always leave enough of the plant to ensure its survival. If the plant's soul dies due to a person taking too much then the

meaning 'moon' (all men came from the moon mother!) and the Goddess RRHEA. consort and ruled supreme before the coming of the Hellenic invaders." The creacest moon was a symbolic of the fertility of the meaning absence of menatruation and DYSMENORRHEA, meaning difficult menatruation, originating from the Greek root men moon cup, which contains all life. Menstrustion, 'the sacred Red RHEA solvent,' is seen in the ancient words AMENORRHEA. Moon-Goddess Diana was a later form of Rhea, the "Cretan name for the Universal mother or Great Goddess, who had no dogs, would head through the forests to Diana's sacred ritual grove for menetruation celebration and ritual sacrifice. Roman moonlight on them-ovulate on the full moon and menatruate on the new moon). The ancients of Mesopotamia gathered herbs at empties them." This understanding encompasses the interrelation of the lunar tides (highest with the gravitational pull at the full common understanding, "The moon saturates the earth with water, and by it's approach fills bodies, while by it's departure night on the waning creatent moon. This time coincides with the night the priestesses of Disna, wearing the masks of hunting and new moons) and the physical changes in animals and plants, and both men and women (most visibly women, if sleeping with The correlation of gathering rituals with the phases of the moon goes back to ancient menstrustion rituals. Pliny recorded the

energy reserves in their tissues. Herbs gathered during the waring crescent resting phase, are reputed to last longer when waning creacent moves the planta have come full circle: they have realized their maximum growth for the lunar month and have slumber, resting up for the next period of growth. During this period of mellow rest is the best time to gather herbs. At the week of the lunar cycle, with decreased moonlight and increasing gravity, root and leaf growth both decrease and enjoy a time of slows, and with less gravitational pull root growth again increases for a short time. During the waning creacent moon, in the final decreases. During the third week of the lunar cycle, the moon begins to wane. As there is less and less moonlight, leaf growth maxinght and gravitational pull are both at their highest; aerial parts of the plant mature rapidly and root growth sharply effect on plants in more detail. During the first week of the lunar cycle, beginning with the new moon, increased moonlight full, leaf growth is stimulated in the increased moonlight and root growth slows as gravitational pull increases. At the full moon, produces strong leaf growth, and decreasing lunar gravity increases root growth. In the second week as the moon waxes toward moonlight." John Jeavenn in his book on biodynamic gardening, How to Grow More Vegetables, explains the lunar cycle and its when there is a full moon; moonlight saps their strength. For plants to be at their best they need plenty of sunshine and very little energies in plants as well. French herbalist Maurice Measegue recalls when as a boy, he would gather herbs with his father: "There's only a sliver of a moon tonight," this told me that the next day we'd be out gathering plants. "My boy, remember, never As the moon is known to affect emotional energies in humans and the tides, the moon is known to effect the growth and



Cupressaceae (Cypress Family)

Juniperus communis

Aka: Juniper, Genvier, Geneva, Horse Savin, Hackmatack

Parts used: Berries and leaves.

Antispasmodic, Aromatic, Carminative, Digestant, Diuretic, Medicinal Properties: Abortificient, Anodyne, Antiseptic, Lithotriptic, Rubeficient, and Stimulant.

oil with monoterpenes and sesquiterpene;, invert suga;, flavone bidney, and bladder treatments. Contains: Alcohols, cadinene, campene, ans flavone; essentia sinuses, regulatory to internal sugar levels, useful in pancreas, Effects body: Uterine stimulant, soothes inflammation of the glycoside; resin; tennins; and bitter principle.

Yit.+Min.: High in Viumin C, natural insulin, and cobalt; tiso trace amounts of sulphur, copper, tin, and aluminum

cones. Juniper berries are green for two summers and then ripen around October into the characteristic blue-black Juniper berries. flowers appear in the female plants from late spring to early summer, followed by 1/2 in. (1.3cm) diameter fleshy green female Juniper is found in open woodlands and dry hilltops from Alaska south to Nebraska and east to North Carolina, also found in the needle-like leaves 1/4-1/2in. (.5-1.3cm) long, upper surfaces whitish, occur in whorls of three. Small indistinct greenish-yellow northern Rockies south to New Mexico. Juniper varies in form, ranging from a 2ft. (0.6m) tall ground clinging shrub to a 25ft. (8.3m) tall tree. Bluish evergrees

## JUNIPER HERBAL LORE AND MEDICINAL USE

the wood chips of Juniperus oxyderus during all the peyote ritual activities "to ward off all that is evil and tainted and aid ancient tradition of inhaling Juniper amoke to induce a trance, wherein they perform their magical activities.1 peyotists in their search of themselves. 4" American Cherokee pour the Juniper infusion on the hot rocks during the ritual sweat. The Native American peyote church burns Germana also added the Juniper berries to their ritual intoxicating beers. Shamana from Siberia to northwest Pakistan practice an every temperate zone in the northern hemisphere. Everywhere Juniper grew, the spiritual qualities of Juniper were valued by the from evil (possible origin of the pine wreaths traditionally hung on doors throughout the U.S. during the winter months.) The medicinal incense. Hannibal commanded that the beams of the temple of Diana, Lady of the Grove, be made of the trunks of people who lived nearby. The ancient people of the Mediterranean used sacred Juniper wood and branches as ceremonial and the Mediterranean region, as several medical recipes that list Juniper as an ingredient survive in Egyptian papyri dating to Juniper trees. I Juniper was 'the tree of life' to the anciem Germans, who hung the Juniper branches on their homes to protect 1550B.C.. Yet, today there are 13 species of Juniper that are known to be native to North America. Juniper is found in nearly An origin for any plant that is as widespread as Juniper is not easy to pinpoint. Some have suggested that Juniper is native to

communis root resulted in blocked implantation in 60% of the rats.7 Like so many abortifacients, anciently associated with may have implantation inhibiting properties as well. In a 1986 study using rats, an oral dosage of 200mg extract of Juniperus being confirmed by recent scientific testing. Oils from the leaves of Juniper have been shown to be uterine stimulants in tests on freedom and sexuality, Juniper has gained an aphrodisiacal reputation, "tends to increase sexual passion or power, stimulates the that could lead to an abortion. In fact, there are medically reported cases of abortion induced by Juniper toxins. " Juniper root animals and on isolated human uteruses and fallopian tubes; "...the oils cause relaxation and inhibition of movement to the extent Complete Herbal. The use of a tea of Juniper leaves to relax muscles following delivery by Native American Zuni women, is spread from the Mediterranean to Northern Europe, and was mentioned by 17th century herbalist Nicholas Culpepper in his used the oil of Juniper Juniperus sabina, also called Savin, as an abortifacient. The use of Juniper's oil for abortifacient purposes contraceptive use of crushed Juniper berries placed on the penis or vulva before intercourse. The Greeks and Romans commonly Juniper leaves, berries, and roots have been recorded historically and/or by acientific testing to have contraceptive and abortifacient properties. In De Materia medica, the ancient Greek doctor, Dioscoridies (1st or 2nd century A.D.), recorded the

heavy and/or slightly alkaline or acid soils. In early soring, fertilize your Junipers with compost transplanted in the spring. Junipers do best in full sun in well-draining dry soil, but are surprisingly adaptable will usually tolerate Juniper, Zones 2-9, is propagated by cuttings taken in the fall, rooted in water on a sunny windowsill during winter, and then

#### 25

Dry in open air in the shade, turning frequently. One herbal, noted that the highest concentration of the essential oil was in the full grown but unipe betries. As the betries get riper, more and more of the essential oil is converted into resin form.9 This may be The majority of the herbals I referenced recommended gathering the fleshy blue-black ripe betries in autumn, around October.

PREPARATION AND DOSAGE

something to consider when gathering. Note: all dosages below are for the ripened berries. If you are considering using the may irritate the kidneys, do not take internally for longer than 6 weeks without a break to Juniper contains the Words to the Wise: Anyone with existing kidney or nerve damage or diseases should not use Juniper. Juniper unripe berries, reduce the dosage so not to overdose.

utenne contracting and possibly toxic thujone (see Thujone). Juniper, when taken internally, may interfere with

the absorption of iron and other essential minerals. "Juniper tends to increase the volume of urine, which it gives Watch for General Signs of Toxicity listed on back cover. As always, reduce dosage at first sign of toxicity. Preparation: Juniper root may have an implantation inhibiting action. Juniper leaf or berry infusion or incure, the odour of voilets. 11"

with it's relaxant sction on the uterus, can in large dosages cause an abortion. As an emmenagogue and abortifacient, Juniper is reputed to be most successful either in the first two weeks of pregnancy or in the first few days after a missed period. Because of Juniper's tendency to irritate the kidneys, follow up dosage of Juniper with at least two weeks of nourishing Nettle infusion. The Native Americans and the Hunza commonly combine Juniper and Rue in medicinal preparations.

DOSAGE-TUNIPER

Standard Infusion (ripe berries): Steep 10-20min., 1/2-1/5 cup, 2-3 times a day.

(leaves): Steep 10-20min. 1-3Tbs., 2-3 times s day.

Standard Tincture (berries): 5-20 drops, 2-3 times a day. Oil: 1-3 drops, 2-3 times a day.

Powdered Berries: 1-3 #O capsules, 2-3 times a day.

1.Pisised, 147. 2.Rauch, 102. 3.Morman, 248. 4.Rauch, 67. 5. List and Horhammer, 256. 6. Riddle, 36. 7. Freinst, 22. S.Kadam, 139. 9.Speerie, 102. 10.Ody, 72. 11. Pulsisoni, 148.

## MALE FERN



Polypodiaceae (Polypody Family)

Dryopteris felix-mas

Aka; Male Fern, Sheild Fern or Root, Sweet or Knotty Brake, Basket Fern, and Bear's Paw Root.

Parts used: Recently dried root.

Effects body: Expels worms and reflexively promotes Medicinal Properties: Anthelmintic and emmena gogue.

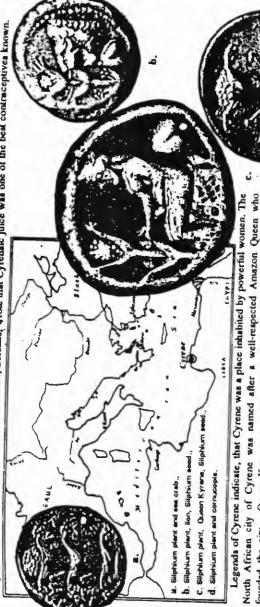
Contains: Oleoresin; filtein and related teenicidal substance;, desaspidin; albaspidin; flavaspidic acid; and essential oil.

Ancient Sign

Perennial Male Fern has stemless oblong-lanceolate erect fronds 24ft. (@lm) tell. Lessiets, which hold their yellow-green color through most of the year, are alternate and variously divided and notched. The spore holding sori are found on the backs of the leaflets closer to the mid vein than the margin. Male Fern's numerous, kidney shaped son appear from summer to summn, the young color being light greenish and then maturing to a brown. Male Fern has a strong, The outer color of the rhizome is dark brown, and the woody, chaffy thizome, 8-20in. long, with a 4in. diameter. medicinal inside is a pale green color. Male Fern is found growing in rocky woodlands from Alaska south to Arizona, castward to South Dakota, north to Michigan and Vermont.

### Gathering Herbs

Silphium, the plant pictured on the coins below, indigenously grew wild in the fertile coastal region of Cyrensica. Cyrene, the principal city of Cyrenaica, located in North Africa on the Mediterranean Sea, traded the famous contraceptive and about facion Cryrenaic juice, the extracted juice from the stalk and root of Silphium. Cyrenaic juice was listed in contraceptive and abortive recipes of ancient times, and one ancient herbalist, Soranus, wrote that Cyrenaic juice was one of the best contraceptives know



Queen Kyrene, a strong woman both intellectually and physically, devoted her free time to hunting and wreating lions. Legends reveal that Kyrene was the first beckeeper, a skill that she taught to her son Aristaeus, who later became a pastoral and agricultural divinity. In Homer's Iliad, the captains of ahips were warned of the powerfully seductive feathery-winged Sirens who by their beautiful singing would tempt and lure the sailors to their death on the rocky Libyan coast. The Siren bird-women, who protected the Cyrene coast, are never recorded as causing harm to any fellow women, however, founded the city.

The importance of honey bees and beekeeping in the mytha of Cyrene seem to indicate a possible correlation between honey been and the major trade commodity of Cyrene, the contraceptive and abortifacient Sitphium fragrant honcy. The heart shape of the Silphium seed looks remarkably like the ancient sign for honey, a heart shape with a path across. The universal sign of love, the heart, may have formed out of this ancient sign for plant. Silphium, of the Umbelliferae family, is related to Angelica. Angelica is an berb that is likewise associated with honey bees. Bees when foreging on the remarkably similiar Angelica produce a delicious and honey, as well. Honey's power to impart virility, fertility and vigor led to its declaration as an aphrodisiae. Associated with the full moon and ovulation, the sweet honey nectar was considered uncontaminated sacred

food associated with increase and growth. Honcy was often used in orginatic ritual as an offering to the supreme fertility deities: Hecate (Triple Goddess of the Three Crossrosds), Demeter (Earth Mother), Artemis (Amszonian Moon Goddess), and balanced joyful lover Pan, (one of the oldest gods in Greece and known as the protector of bees). Honey bees were anciently believed to parthenogenetically reproduce without union of opposite sexes and thus symbolized rebirthing immortality. Bee hives were held symbolic of the initiation and rebirth the soul of the Great Mother Earth Queen Bec. for Honey

With the acquisition of Cyrene by Greece as a city-state, the commercial trading of the Silphium plant grew to great proportions. Herodows (484-424B.C.), in Wars, mentioned the harvesting of the Sithhium plant from the wild. In 424 B.C., Silphium's high price was mentioned by Aristophanes in Knighu. Greek philosopher, Theophrasus (372-287B.C.), in Enquiry Into Plants, spoke about attempts to cultivate Silphium and how they failed. By the first century A.D., Roman historian Pling in Natural History noted that Silphium could hardly be found at all.\ Silphium is now extinct. Popularity combined with materialism drove one of the most valued and sacred contraceptive and abortifacient herbs to extinction.

can dive deep into the waters of your being. Purify yourself and your the tools of your expression with white light, salt, or Sage through your spine, and out into the air, earth, water, and fire around you. you to the ancients who used charcoal for the same purpose. Flow with your feelings. Feel them come from your soul, up from a fire pit is an expressive inexpensive writing tool that will work on almost any surface (paper, rocks, concrete), and connect In preparation for herbal abortion, you might want to purchase some paper, paints, or pencils. If you have no money, charcoal balance the negative aspects with our accumulated knowledge and loving understanding. Create a safe space to express, so you emotions and feelings can be felt again. This gives us future opportunities to re-enjoy positive aspects of our experience, and circumstances to explore new avenues of feeling. When one looks back on writings or drawings, memory takes over and the the soul. Through expression of ideas, feelings, emotions, and intuition, one can move beyond sometimes overwhelming experiences. Expression is often meditation, where the intuition takes over and leads us through into powerful intuitive resims of Expression is a fundamental need just like food or shelter. We are stronger when we respect the natural intuitive release of our Write stories or poems. Paint. Draw. Sculpt. Drum. Sing, Dance! Play! Feel free to express whenever you feel safe to do so. 9. Express your Experience: Uncensored expression of your own life experience is the purist form of art that exists. Journal

prayers to higher consciousness and dissolving any imbalances or negative energy. To purify and protect a building, hold the too.) may be burnt and circled around the feet so the amoke rises up around the body and then up into the sky, taking with it dwelling place. Envisioning white light surrounding clears and purifies. A bundle of Sage (Rosemary will work well for this, special attention to the corners of the building. A burning Sage bundle is easily put out in a bowl of sand or sea salt. burning stick close to the ground, and walk the inner circumference of your dwelling area. Do the same outside the building. Pay as taking a bath or shower and lighting some incense or a candle. Sea salt crystals may be strewn around yourself and your 10. Periodic cleansing of your aura and environment belps one start fresh, anew. Cleansing and purifying may be as simple

oral sex, and intercourse (if comfortable) may offer a delightful way to relaxation. Let go, and let it flow. your herbal abortion. Orgasms cause the uterus to contract in a pleasant way and often relieve painful cramping. Masturbation spots, especially good for cramps. Never push or try to hurry your herbal abortion. Focus on letting go and relaxing throughout ball between your back and the floor. Rub against the ball in circles. This feels good when you get the pressure in the right 11. Focus on relaxing, opening up, and letting it flow. Take warm baths, get a massage, or do a self massage by using a termis

## PREPARING FOR THE FUTURE

- as one's primary means of birth control. There are no controlled studies of possible long term side-effects of abortive herbs. Record your meastrustion each mouth. 1. Research your options and practice birth control if you don't want to become pregnant. Herbal abortion should not be used
- 4. Purchase, grow, or gather abortive herbs. Make fresh herb tinctures and dry herbs to keep on hand for future use. If you 3. Predict your orulation each mouth and be sure to practice birth control measures around the fertile orulation time if you do not want to be pregnant.
- experience. Consider giving your name to supportive local herbalists as a contact person for those women who need someone to talk to. If there is a group of women in your community with herbal abortion experience, consider starting a support or valuable source in your community for women considering herbal abortion and wanting to talk to someone who has some 6. Support sister-folk in their search for finding what is right for them. If you have had an herbal abortion, you can be a herbalists and reputable doctors are in your area. Get to know them, prior to being in need of their services. Know your options. 5. Research support networks, educational services, and medical services for shortion in your community. Find out who the have more than you can use, trade or donate to women in need.

No woman can call be self free until she can choose consciously whether No woman can call be self free who does not own and control her body friendship group, to talk and learn about herbal abortion experiences, menutrual extraction, tips on growing abortive herba, etc.

Margaret H. Sanger 1913, in Parade (1963) she will or will not be a mother.

seed, grow. He that is to marry me come after me and mow.2" If she was to marry in the next year, when she looked back she of the Hemp plant backwards over her left shoulder as she walked around her garden, she would chant, "Hemp seed I sow. Hemp long held symbolic of the union of life (moon cup) and death (cutting action of the sickle/castration of the phallus, see Mistletoe). would see her love coming up behind her reaping the Hemp with a cresent-moon shaped scythe. The scythe, like the sickle was marry in the next year, she could find out if she did a ritual in her garden at midnight on Midsummer's Eve. Throwing the seed manner of illness or evil spirits in the coming year. The longest day of sunlight in the year was considered a powerful spiritual by smoking it in a Midsummer's Eve fire. Afterwards the 'Lucky Hand' was said to protect the owner and family from all time. It was believed that if one did certain rituals one could see the future. If a young woman wished to know if she would The five fingered fern was known as 'Lucky Hand' or 'St. John's Hand.' The Male Fern 'Lucky Hand' was dried and hardened gathered by moonlight on the summer solstice. Traditionally, a root of Male Fern was dug and all but five fronds were cut away. and moon on the solstice) was erected to bring good luck and fertility. Male Fern was associated with fire and lightning, and was harm and protect the vigor of the crops as well. A midsummer tree or maypole (a phallic symbol honoring the union of the sun the wearer against evil spirits and sickness in the coming year. Leaping over the fire was believed to protect the individual from around the fires went on all though the night. Garlands of Mugwort were worn by the dancers and thrown into the fire to protect windward side of the fields so that the smoke would blow over and protect the fields of grain. Ecstatic dancing and merrymaking Middle-Ages. The fragrance of St. John's Wort, was believed to protect from evil spirits. The fires would be placed on the in bonfires placed on the hilltops on the summer solstice, and this tradition was passed down to people in Europe during the longest sunlight, was a sacred symbol of the sun to the ancient people of Mesopotamia. The Romans would burn St. John's Wort and nurtured the grains of the fields. The summer solstice was an orginatic festival, celebrating life and living on the day of the on the Midsummer's Eve before sunrise goes back to ancient Babylonia 700B.C. The Midsummer's Eve celebration evolved to a year with the longest sun. St John's Wort, Hypericum perforatum, blooming bright golden-yellow flowers on the day with the Roman summer solstice celebration in honor of the Great Mother Earth Goddess, Ceres, (later known as Diana) who protected Male Fern was traditionally gathered as part of the summer solstice celebration of Midsummer's Eve. Ritual gathering of herba

paralysis in the worm, and it looses its grip on the intestine. Around two hours after taking the Male Fern tea, the person is given to expel the worms. toxic, it's use is thought of as a last resort, only used after other vermifuges, easier to use and having no side-effects, have failed a saline laxative, such as Epsom salts, which assists in expelling the worm from the body. Male Fern is so potent and potentially consumes only a fat-free diet for 2-3 days. Then, a dosage of Male Fern root tea is given. The oleoresin in Male Fern causes Male Fern has been known since ancient times as a very strong vermifuge, driving out flatworm. To drive out worms, the person have an abortifacient effect related to it's purgative powers. The abortifacient action of strong purgatives is believed to result from severe gastrointestinal irritation, which stimulates the pituitary gland to produce oxytocin which causes uterine contractions. Another belief was that any pregnant women who happened to step upon a Male Fern would miscarry.3 Male Fern is known to

Male Fern is usually propagated by division; it is an ideal candidate to place in a shaded rock garden. Plant in rich, damp, slightly acidic soil in partial to full shade. Male Fern prefers some protection from strong winds.

Fern root that have retained their original pale green color. impaired by storage; collect fresh Male Fern root for use immediately if at all possible. Use only the inner portions of the Male shade as quickly as possible. Carefully brush dirt off from root with a dry toothbrush as it dries. Male Fern's medicinal activity is Gather Male Fern root before nunrise (July-September) on a day that is forecasted to be sunny and warm. Dry root in the

PREPARATION AND DOSAGE

efficient herbs available. therapeutic dosages. Think twice about using Male Fern for abortifacient purposes; there are taker and more anyone old or young (under 3) should not use Male Fern. Male Fern can cause serious side-effects even at Words to the Wise: Anyone with anemia, gastrointestinal ulceration, impaired heart, liver, or kidney function,

interested in internal docage information for Male Fern, consult with knowledgeable herbalists and doctors irritation. The use of Male Fern internally should be avoided due to Male Fern's serious side-effects. If you are Preparation: Internal use of purgative Male Fern root decoction causes abortion due to severe gastrointestinal temporary bluidness, come, convulsions, and death due to cardiac and respiratory failure. As always, watch albuminuria. und bilirubinuria. Toxic overdoses result in: loss of reflexes, optic neuritis, impairment of vision, General Signs of Toxicity listed on the back cover as well, and reduce dosage at first sign of toxicity. Watch for Signs of Toxicity Specific to Male Fern: Nausea, vomiting, cramping, headache, shortness of breath,

educated in herbal medicine.

The following Male Fern decoction may be helpful when applied externally

relieving cramps associated with menstruation.

## MALE FERN BATH FOR MUSCLE PAINS

The following recipe is for external use only! Do not use internally!

Simmer 100-150gms. of Male Fern root in 1 liter of water, simmer 5-10 minutes, then move pan away from heat Traditionally, this Male Fern decoction was also used added to bath water for arthritis and also on warm and leave to infuse for another 10-15min. As a foot-bath, this decoction may be helpful for mensional cramps. compresses to relive pain associated with neuritis and rheumatism.

L'Hole, 137, 2.Hole, 139, 3.Pulniseul, 176, 4.Spoerle, 113.



Parts used; Leaves, flowers, and young twigs.

Lorathaceae (Mistletoe Family)

Aka: American Mistletoe.

Medicinal Properties: Antispasmodic, Enneaugogue, Emetic, Diuretic, Nervine, Oxytocic, and Tonic.

Effects body: Sunulates uterine contractions, raises blood relaxes nerves, and contains tumor-inhibiting Contains: Amines, beta-phenylethylamine and fyramine; pressure, proteins.

protein substances called lectins or toxalbumins (phoratoxin);

Vit. + Mig.: Viamin B12, calcium, sodium, magnesium, viscin, choline, sugar, a fixed oil, tannin, and various salts. potassium, iron, cobalt, iodine, copper, and cadmium.

like tupelo and red maple, from New Jersey south to Florida, westward to Missouri and New Mexico, also found in northern American Mistletoe, Phoradeudron flavescens: Native North American parasitic shrub that can grow on all deciduous trees, California to coastal British Columbia. American Mistletoe has strong amouth branches that tend to be brittle at the base. Occurring in opposite pairs, leaves are leathery, dark green, and obovate, up to 3in. long. From May to July, amall whitish flowers appear which mature into white sticky round, 1/4 in. (2cm.) diameter betries, each containing I seed.

Lorathaceae (Mistletoe Family)

Viscum album (European)

Effects body; Heart stimulant, will first raise then lower blood pressure; stimulates glands, and contains numor-inhibiting Mrs. European Mistletoe, The Golden Bough, Birdline. Medicinal Properties: Stinxulant, Diuretic, and Tonic. Parts used: Leaves, flowers, and young twigs.

Vit.+Min.: Viennin B12, calcium, sodium, magnesium, Contains: 11 proteins; lectin; viscotoxin; and alkaloids. oots saium, iron, cobalt, todine, copper, and cadmium.



Maketon, P.Obof's KRUYDTBOECK, Astweep, 1381

that can grow on all deciduous trees, like European oak and apple trees. European Mixletoe has regularly branching stems, up to European Mistletoe, Viscum album: Native to northwest Europe to China, south to Iran, European Mistictoe is a parasitic shrub ift. long. The 2in. (5cm) long leaves are light-green, leathery, and blunt and occur in opposite pairs. From late spring to early summer, unisexual flowers attach directly to the stem. Flowers mature into small, "I, in. (1cm.) diameter, white sticky berries.

## Preparing the Body, Mind, and Spirit

# Preparations for the Body, Mind, and Spirit

imbalances in the form of diseases manifest. Developing healthy eating and exercise habits that last a lifetime is the best preventative medicine available. A healthy body and mind is better able to adapt and respond to clues given to it by herbal plant messengen. Cleansing the body and mind through meditation, fasting, enemas, and good eating habits can help to ensure a When one's body has accumulated toxins due to negative eating habits, poor food combining, and toxins in the environment, Fasting has long bron associated positive herbal abortion experience.

Before and During an Herbal Abortion:

with focusing of energy and drawing of energy loward.

1. Fast on fresh regetable or fruit juices and pure water a few days prior to beginning and during herbal abortions helps to flush out toxins and stimulate the functioning of all the body organs.

2. Exernas can help chainate wastes that have accumulated in the colon due to negative cating habits. When the waste gicka to is forced to try to eliminate the waste through the capitlaries that line the intestines. The capitlaries release the wastes into the the intestinal walls due to negative esting habits: like esting mest and dairy products, sugar, and poor food combinations, the body bloodstream where they are removed from the body in the form of urine or sweat, or disease manifestations like pimples, cysts,

3. Est a bealthy diet of fresh (organic, if possible) fruits and vegetables, whole grains, nuts, and legumes.

My lover was a constant support, great listener, and constantly reaffirmed positive thoughts. By far, this support was the most valuable and empowering aspect of my herbal abortion experience. Emotional, physical, and spiritual support throughout an 4. Actively seek supportive people and environments. I was blessed with a supportive environment during my herbal abortions. herbal abortion is by far the most important environmental aspect to consider. Hormones are changing dramatically, and emotions can fluctuate dramatically, too. If you are in the need of support, feeling depressed or overwhelmed, don't hesitate to talk with those people who do support you and your decisions. Do not stay in a negative environment. If at all possible, stay around supportive sisters, brothers, family members, friends, and herbalists. There were many people I did not talk to about my herbal abortion because I knew they would not be supportive. If you feel that someone will not be supportive of you and your choices, remember you can remain quiet and/or take care of yourself by leaving the negative environment.

5. Actively support yourself. Think Positive Thoughts. Write on index cards empowering quotes and affirmations: like "I Love You (to youneif).", "I am strong and courageous.", "I'm so proud of myself for following my intuition." Give a couple cards and envelopes to supportive friends and your herbalist and ask them to write or draw positive statements or thoughts on them for you. Have them put each card in an separate envelope and give them back to you. Don't open them up. Save them for times during your abortion when you feel you need energy or are feeling down. Or each morning, you might open one up as a thought to begin the day with. Carry some in your purse or backpack wherever you go, so if you need some energy (a surprise hug in the form of an index card) you've got it. Set the index cards you like most around your space, so you are reminded of positive love energies often.

energies in more positive ways by using your imagination and intuition to imagine and become intune with more positive ways of 6. Set axide time and space for you. Value the time that you set axide for you: where you can clarify your thoughts, feel and express yourself, look inward to your higher self for guidance, and/or give thanks for being slive at this moment. Channel your Their are positive ways, and even more positive ways, and progressively more positive ways to view yourself and your experiences.

7. Meditation Meditate in your own way. Maybe this means a quiet walk in the woods, sitting and petting your cat, or doing yogs. Set up a meditative space, where you can go to think and are not likely to be disturbed. Take time before you begin your herbal therapy to meditate on a safe mental space where you can retreat whenever you wish. Comforting, compassionate love energies exist in this space to strengthen and support you. Imagine a purifying and protective white light surrounding this beautiful space and encompassing your entire soul. An after of beautiful and empowering objects, aspects of yourself, is available apartment, bedroom, or outside in the woods make an alter for yourself to look upon and remind you of the infinite aspects of your being and the life around you. Purify your afters and your living space by sprinkling a small amount of sea salt crystals to strengthen and re-energize you, and empowering spirit guidea are available to advise and protect you. In your house, around you and your objects and home. Envision pure white light with its strong pure powers of protection and purity surrounding you and your home environment. Regularly revision protective energies surrounding and supporting you throughout this herbal journey. If your emotions seem overpowering, seek the counsel of close friends, therapists, and your herbalist. Remember your hormones are changing dramatically during pregnancy, and herbal abortives cause a U-turn in hormone production. Proceed carefully and patiently, pregnancy and abortion are both big changes in body/mind, Slow down. Flow with the changes of your body and mind, feel them fully and express them.

Shelagh Delaney A Taste of Honey (1958) They are born three thousand years old. Homes sever here young minds,

## Finding Advice, Support, and Assistance

Abortion is an emotionally charged issue for many people. Media propaganda surrounding abortion has propelled many inaccurate ideas and influenced people to take sides on the abortion issue rather than be open-minded. When considering talking to someone about your experience, test the waters first. Jumping in head first into a boiling steaming cauldron is not wise. If you sense a person will not be receptive or supportive to you and your ideas, remember one wise option can be to remain silent and/or leave the negative environment. When looking for advice, support, and assistance for herbal abortion, research experts of can recommend someone. Ideally someone who has helped many women complete herbal abortions would be best. Even if you are not pregnant now, get to know knowledgeable herbalists in your area. By finding out about them and more about the herbal abortion experience, you will be better able to make decisions if you do become pregnant. Set a date to meet and discuss options.

## Prepare in advance, write down:

- Your medical history,
- The date of your last normal menstrual period (LNMP),
- -The date of conception (if you know for sure),
- -Any drugs you use: prescription, non-prescription, vitamins, faxatives, antacids, even eyedrops, record everything.
- The amount of alcohol, caffeine (coffee, soda, chocolate, generic or black tea), and any recreational drugs you consume in an average week.
- -Any allergies you have to foods, plants, animals, medications, or herbs
- Any side effects you have experienced to previous medications or herbs

#### Prestons and Auswers

A few days prior to your appointment, keep a pad of paper and pencil with you at all times. Write down any questions you think of and any subjects you want to be sure to talk about. Questions leave the conscious mind just as quickly as they arrive, so catch them on the paper. Some vital questions to ask knowledgeable herbslists and doctors educated in herbsl medicine:

1. What is their revenued arrive.

1. What is their personal opinion about abortion? - herbal abortion? Not all herbalists support herbal abortion as a choice. Some well-known and respected wise-women, such as Jeannine Parvati Baker, because of their own personal beliefs, do not endorse the use of herbs during pregnancy to bring on menstruation: "I cannot endorse emmenagogic prescription in cases of pregnancy no matter how new the embryo. As a heater I strive to be harmless.!" Knowing your care-giver's personal views on the fundamental issues involving your care is essential. Look for support and assistance from those who respect the decisions you make.

2. Have they ever assisted anyone in an herbal abortion? What was their experience? Would it be possible to talk to women you have assisted with their herbal abortions?

3. Has she ever done an herbal abortion herself? a clinical abortion? What was her experience?

4. If you decide on them in belonger when well started in the control of th

4. If you decide on them to help you, when would they be available to you to ask advice or if you need help? Can you call them at home?

## Evaluating Your Carepiver's Attitudes

You are purchasing the services of an herbalist or doctor. As an intelligent person interested in making well-informed decisions, you have the right to be treated with respect, to ask questions and receive her or his straight forward opinion, to explore your options, to know the risks involved, and to make decisions for or against treatment. You have the right to get a second opinion and change herbalists or doctors whenever you wish. Ask yourself: Does this person condescend to you? Is aften negative to office feeling had or stupid or as if you just did a round in the Heavyweight Boxing Championship - this is a good sign that this herbalist or doctor is not worth your time or money. Trust your instincts. One more word of caution, beware of anyone who proclaims themselves as wise, yet does not share their knowledge with you. Anyone who does not share their knowledge with you. Anyone who does not share their knowledge with you down. Anyone who is insensitive to the fact that lack of professionalized patriarchal interests of control and domination. They do not have true knowledge; they have nothing to share. Keep searching and you will find individuals truly interested in helping you. Remember, even in an emergency situation you have the right to know what might be done and why, to know the risks involved, your care giver's opinion, and to explore alternatives.

I. From Foreword written by Parvali in Steam Wood's Was Micasa Harbel, page xi.

His over walled behind sayone to freedom?

If we can't go hand in hand, I don't want to go.

Hazel Scott, in Margo Jefferson, "Great (Hazel) Scott," Mr. (1974)

# AMERICAN MISTLETOE HERBAL LORE AND MEDICINAL USE

Native American women of northern California used Mistletoe leaf infusion during labor to regulate contractions, quiet the perves, expel the placenta, and arrest hemorrhage. The Pomo Native American women used a decoction of leaves and infusion of the roots of the American Mistletoe to promote menstruation. The Kawaiisu Native American women used an infusion of American Mistletoe plant growing on the Douglas Oak tree during the first two months of pregnancy to cause an abortion. Members of the North American voodoo religion carry Mistletoe as a love charm and amulet. In the voodoo religion, Mistletoe is held sacred to the sensual and pleasure loving voodoo loa Ezzulie, goddess of love. Ezzulie, protector of women, represents the increase in uterine and intestinal contractions and also an increase in blood pressure.

# EUROPEAN MISTLETOE HERBAL LORE AND MEDICINAL USE

European Mistletoe was a sacred plant to the Celtic Druids, being the golden key (phallus) that gave access to the magical powers of the underworld (womb of the mother earth). Growing on a branch of the oak tree, raised high above the earth, the druids. The sacred oak god was a lover of the three fold moon goddess Diana: the lunar virgin, the mother of all creatures, and menstrual blood, the power over both life and death. At the full moon after the winter solstice, the power of the cycling castrate the oak god by cutting off his Mistletoe with a golden moon sickle, and catching the falling Mistletoe in a white cloth, magical power of the underworld (earth mother) to cut off, castrate the life power of the woman's moon energy keyed into the suspended in the spirit world, between heaven and earth. An orgy, a sexual celebration ensued after the gathering of the underworld the life spirit world, between beaven and earth. An orgy, a sexual celebration ensued after the gathering of the Mistletoe was hung in the home by the Druids and more was made into magical drinks that were known to heal all illness, give strength and courage, render all poisons ineffective, and make both humans and animals fertile. Like so many abortifacients Ireland, Mistletoe is held to have the power to revitalize the sexual organs.

With patriarchal Christianity, Women, the Goddesses, and the symbols of Women-power were propagandized to be evil. Christianized Saxons, who had previously associated Mistletoe in a manner similar to the Celtic Druids, when taken over by the Christians, are recorded as claiming that Mistletoe was "the forbidden tree in the middle of the trees of Eden," the Tree of Knowledge. The inherent woman power to regulate her own fertility and fate is the forbidden fruit of knowledge in patriarchal Christian society. To this day, Mistletoe is banned in England's churches as a symbol of the ancient worship of the Earth Mother and her powers. Mistletoe is just one of the many available fruits of knowledge given by the Mother Earth to empower all women to own their inherent rights of self-mastery.



#### CULTIVATION

Mistletoe may be propagated by drilling shallow holes or making shallow clefts into the bark with a chisel or even your fingernail in any desiduous trees, and then inserting the sticky berries into the cavities. Simply ameaning the sticky mistletoe berries to the smooth under side of the branch would probably work to get some Mistletoe plants started, as well.

GATHERING

Gather the leafy young branches, late autumn through December. Process into tinctures immediately or dry in the shade and store in an airlight container.

## PREPARATION AND DOSAGE

Words to the Wise: Carefully observe effects from dosage of Mistletoe. Reduce dosage at first sign of toxicity. Mistletoe's abortion producing dose is precariously close to its fatal dose. Some women have died atterripting to produce an abortion using high dosages of Mistletoe. Anyone taking antidepressant MAO inhibitors (Marplan, Nardil, Parnate) should not use Mistletoe. The combination of these drugs and Mistletoe may result in serious elevation of blood pressure and possibly unconaciousness. Anyone with a history of stroke or heart disease should not use Mistletoe due to Mistletoe's tendency to increase blood pressure. Mistletoe berries may cause contact dermatitis in sensitive individuals. Do not eat Mistletoe berries. Mistletoe berries, in large amounds, may

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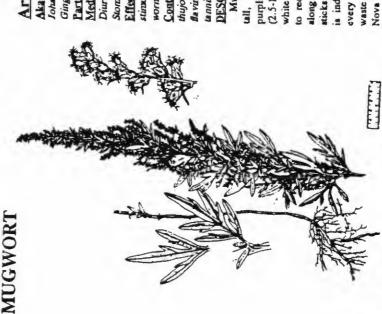
sause gastroenteritis in adults, and there are cases where children have died due to ingestion of Mistletoe betries. Watch for Signs of Toxicity Specific to Mistletoe: Headache, hallucinations, nauses, acute cramping, gastroenteritis, vomiting, diarrhes, weak pulse, decreased heart rate, muscle spasms and convulsions. immediately reduce dosage at first sign of toxicity. At high doses, death typically occurs from cardiovascular collapse within ten hours of ingestion.

Preparation: American Mistletoe's abortive action is believed to result from the stimulation of the uterus and its antispasmodic action on smooth muscles, like the uterus and intestines. American and European Mistletoe are intentines causing intense contractions. Conversely, European Mistletoe's abortive action is believed to result from often used singly as a simple, but have been combined with other herbs to produce various results. American and European Mistletoe's dosage is the same.

### DOSAGE-MISTLETOE

Standard Infusion (leaves): Steep overnight (at least eight hours) in a thermos. 1/4 cup doses, 3-4 times a day, Standard Tincture (leaves); 20-45 drops (1/4, 1/2 tap. ), 3-4 times a day. Powder: 1-4 #O capsules, 3-4 times a day.

Moorman, 334. 2.Raisch, 119. 3.Pellon, 218, 221. 4.Raisch, 119. 5.Male, 153. 6. Cardoman, 260.



MUGWORT HERBAL LORE AND MEDICINAL USES

Ancient myth indicates that Mugwort has been used as a medicinal plant by women beyond recorded his-story. Mugwort's scientific Latin name is anciently derived from Atomis, the Amazonian moon goddess, Mother of all Creatures. At Ephesus, her name was Diana, and statues were made of her showing her entire torso covered with breasta, symbolic of how she nurtured and ifterworld. Anemis was equally the Huntess, death bringer to the very creatures she brought forth.? Artemis led the nocturnal led all living things. She was the Fate goddess, the Moon mother with her sacred dogs (bitches) who guarded the gate of the

### Compositae (Composite Family) Artemisia vulgaris

Aka: Mugwort, Felonherb, St. John's Plant, Cingulum Sant tohannis, Sailor's Tobacco, Wormwood, Bulwand, and Green

### arts used; Leaves and root.

Siuretic, Diaphoretic, Emmenagogue, Nervine, Stimulant, Medicinal Properties: Antiheumatic, Bitter digestive tonic, Stormschie, Tonic, and Vermifuge.

timulates circulation, digestive tonic, repels insects, expels effects body: Menstrual regulating uterine stimulant, worms, and soothing to nerves.

hujone); bitter principle abisintin, which stimulates digestion; lavinoids; antibiotic polyacetylenes; hydroxycoumarins; and outains. Volatile oil (inc. sesquierpene, lactones, and

#### DESCRIPTION

all, having many branched stems that are angular and Leaves are toothed and deeply lobed 1-4in. Mugwort is a sage-like aromatic perennial 1-5ft. (0.3-1.6m) (2.5-10cm) long smooth dark green on top and soft cottony white to light green underneath. Mugwort's numerous yellow to reddish flowers (July to August) appear in long clusters every temperate zone in the world. This plant grows wild in slong panicles. Seeds are long and thin, "look like tiny sticks.1" Mugwort, brought to America by European settlers, waste places and near streams, found in North America from is indigenous to Asia. Mugwort has now spread to nearly Nova Scotia to Ontario, from the NE states south to Georgia, nd west to Michigan. purplish.

the Great Mother cries teardrops of brocces, as pure life substance, is of the pure soul substance rising nonse is anciently symbolic and wafting to higher realme. believed to protect from evil. 0 9

As the resis exuched from secred trees, increase is believed to be formed when

## Rh- blood type, Abortion, and Rhogam

Accompanying everyone's (O, A, AB, or B) blood type is a +(positive) or -(negative) sign called the Rh factor. The Rh factor is an antigen present in the red blood cells. If one has a + (positive) Rh factor, one has the antigen. If one has a -(aegaive) Rh factor, one does not have the antigen. Only around 15% of Caucasian women, 6% of African American women, and 1% of Native American and Asian women, are Rh- (negative). If a woman who is Rh- becomes pregnant with a baby that is Rh+, and if a minute amount of the Rh+ fetal blood mixes into the Rh- blood of the woman (due to intrauterine trauma, premature separation of the placenta, placenta previa, abortion, or miscarriage), a dangerous action called immune system reacts to the fetal Rh+ blood as a foreign invader the mother's and produces antibodies that attack the femses Rh+ cells. This can lead to severe anemia in her unborn child and future isoimmunization isoimmunization will occur. In isoimmunization, problems if she has any more Rh+ fetuses.

The transfer of the fetal Rh+ blood into mother's Rhblood can happen during an abortion or miscarriage. If a transfer of fetal/maternal blood happens during an abortion or miscarniage, the woman's body creates the antibodies against Rh+ fetal blood. In felue, her immune system remembers how to create the saribodies the future, if the Rh- woman becomes pregnant again with a Rh+ Immediately the woman's immine system will now begin to go into sgainst Rh+ blood because of prior sensitization in her abortion. production: attacking the blood of the fetus, treating the blood of the the fetus can become severely agemic. A Rhogam shot makes a woman's system believe it has already produced the antibody. With the Rhogam shot, the Rh-woman does not produce any antibodies fetus as invading virus. With constant attack on the fetal blood cells, henelf, and in the future, her immune system will have no memory to give Rhogam to every Rh- women after an abortion. For women who are less than 12 weeks pregnant, a Mini-Gam (300mg dose @ \$25.00) is usually given, and for women over 12 weeks pregnancy a of how to produce the antibodies. It is standard hospital procedure full Rhogam (1 ml dose @ \$50.00) is given.

Talk to your health care provider prior to your actual abortion, and work out a plan regarding Rhogam. Planned Parenthood will plas to get a Rhogam shot during your abortion. The Rhogam generally give Rhogam abots to women who are current patients. Women without health care providers should go to an emergency If you have Rh- blood, to protect against isoimmunization abot must be given within 72 hours of the beginning of bleedin room or an immediate care center.

Something to consider. "By the 11th week of fetal life, the isoimminization,... Does this mean that prior to the 11th week of fetal life (Gestational Age) that the D-antigen may not be present, and the risk of isoimmunization is less or minimal? "Only 10% of pregnancies with Rh+ fetuses result in immunization of Rh- women D-antigen is often present and can stimulate even after 5 pregnancies.2"]



have a baby. Getting out and doing releases your mind from worries, as well. Hangout at your favorite cafe, play with animals, children, or friends. Take off work for a day or two, if possible. Do things you like to do. some of your garden if it needs it. Exercising hard gives your body a strong message that this is not the time to with you a mason jar full of tea, some tinctures, or some capsules, and don't forget menstrual pade! Exercise. Move yourself to a good sweat at least once every day. Get outside. Walk, run, or bike. Double dig

scorching. The pads will stay sterile for one week; after one week just bake the bag and contents again. touch the electric element. A pan of water can be placed on the bottom rack of the oven to help prevent secure with string or tape, and bake in an oven at 2500F for I hour. Watch carefully. No part of the bag should tape or string. Place all the wrapped cotton pads in a paper grocery bag. Roll down the top of the grocery bag, Sterilize Pads: Individually wrap each clean cotton menstrual pad in a piece of paper and secure with masking by baking the pads in the oven. This eliminates the use of harmful toxic chemicals, like chlorine, to sterilize. catch the blood. For extra protection, homemade cotton menstrual pads (see Mail Order sources) can be sterilized an abortion. The cervical on (the opening to the uterus) becomes dilated during an abortion. Because of this, the tubes, can cause blockage and affect fertility in the future. As preventative medicine, use clean menatrual pads to risk of bacteria entering the uterus and causing infection is slightly greater. Infection, if spread to the fallopian DO NOT USE TAMPONS, see sponges, or any other vaginally inserted menstrual product to catch blood during

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# Helpful Herbs Prevent Hemorrhage and Revitalize the Kidneys During an Herbal Abortion

cooked. Nettle tops are delicious in soups, when stir fried with a bit of garlie, or just steamed. Nettle can be dried for use in nutritive teas. Most health food shops carry dried Nettle leaves for use in infusion. hands. Wear gloves when gathering, and carry Nettlea home in a cloth or paper bag. Nettle's stinging qualities disappear when also reduces cramps, relieves muscle spasms, and helps to reduce hemorrhoids. Warning: Do not handle Nettles with bare nourishing Nettle teas with a bit of lemon and honey can relieve stress, and revitalize the essential blood-filtering kidneys. Nettle herbs, such as Blue Cohosh and Pennyroyal, stress the kidneys during the extended herbal treatment of herbal abortion. Drinking herhal abortion because of Nettle's ability to rebuild, nourish, and strengthen the blood filtering kidneys. Many effective abortive closs which are hard to pass. Nourishes bidneys - Nettle is also especially valued as an herb to use towards the end or soon after prevent hemorrhage, begin taking Nettle teas once the herbal abortion is well underway, but not before, as Nettle may cause large the blood, make Nettle an invaluable aid in the prevention of hemorrhage (excessive bleeding) during an herbal abortion. To help the good stuff in Nettle, it probably would have been eaten to extinction long ago if it did not have its protective stinging spines. calcium, potassium, iron, sulphur, phosphorous, and protein. Nettle also has large amounts of chlorophyll in its leaves. With all Prevents hemorrhage - Nettle's high Vitamin K content and it's high iron content, which increases the hemoglobin and oxygen in The protective spines of Nettle guard Nettle's inner juice, the life essence, which is filled with Vitamins A, C, D, and K as well as invisible spines cause a strong burning sensation when touched. Like the eactuses of the Southwest, Nettle commands respect. when we ran into it in the ahady woods or by the roadside as children, we learned never to come near it again. Nettle's virtually NETTLE Urice dioce, commonly known as Stinging Nettle, is known to many women as that deceptively soft-looking herb that

also contains Vit. P (Rutin), calcium, magnesium, phosphorus, and potassium. Begin drinking Alfalfa top infusions once abortion ALFALFA Addicago sativa tops contain Vitamin K which can help to reduce the chances of hemorrhage. Nutrient rich Alfalfa

# Herbs and Vitamins that Prevent Miscarriage

when attempting an herbal abortion. The following herbs and vitamina have strong powers to prevent miscarriage and abortion, and thus generally should be avoided

- 1. Black Haw (root bark) Viburum prunifolium-acdative tonic, effective miscarriage preventive
- 2. Cramp bark (bark) Vourum opulis astringent tonic, sedates uterus, can stop contractions.
- 3. False Unicorn (1700) Chamulirium luteum lonic, used for irregular excessive menstrustion.
- 4. Lobelia (leaf and seed) Lobelia inflata causes relaxation of the uterus, stops uterine contractions
- 5. (heem of the Mendow (rood) Eupstorium purpureum astringent, used for threatened abortions.
- 6. Red Raspberry (leaf) Rubus idaeus- astringent tonic, stops uterine hemorrhages.
- 8. Excessive amounts of Vitamin E. Take no more than 100i.u. as day (300% RDA). Wild Yam (root) Dioscores vilkes - contains steroid like substances that balance the glands and prevent miscarriage.

use today wort-herb and 3-10% alcohol,? which were used to alter the mind, were actually an early similar form of medicinal tinctures we ingredients in ritual beers were the herbs added to them, called 'beer worts.' These beers, containing between 5-27% original the Nine-fold Goddess of ancient Eygpt.? The ancient sacredness of nine is still evident in its use meaning highest degree, as in ritual-magical drink used to alter the consciousness and, likewise, used as an offering to the goddesses and gods. The key dressed to the nines.' Mugwort was the herb used to flavor beer before the introduction of hops. Beer was originally a times three, was the triple triad, symbolic of the infinite female Trinity. The word nine was originally derived from the Ennead, number nine, for the nine sacred herbs given to the world, was an ancient number sacred to women in childbirth. Nine, as three the Conductor of Souls, "Elven-king.....leader of the Wild Hunt, when the ghosts rode through the sky at Halloween." The be one of the nine sacred herbs that were given to the world by the Saxon and Frankish god, Woden. Woden, like Artemis, was thrown into the flames at the end of the evening to protect the wearer against sickness in the coming year. Mugwort was said to Roman Cerealia celebration held in honor of the Mother Earth Goddess Cerea. The Midsummer Mugwort garland would be around the waist or head while dancing round the fire on the European Mid-summer Solstice celebration, which evovied from moon, the moon time when medicinal herbs were sacrificed for the use of the people. (see Gathering) At the new moon, the people of Greece would offer Artemis sacrifices and lavish organic entertainment. A Mugwort garland was traditionally worn hunt, her priestesses wearing the masks of hunting dogs. Her Huntress aspect was a form of the destroying crone or waning

menstruation. 10 Alma Hutchens, in her Indian Herbology of North America, says Mugwort is "safe for suppressed menstruation of mother and daughter." the same purpose, and Native Americans as well as Russians used a decoction of the leaves of Mugwort to stimulate many to effect cures. Mugwort's emmenagogual, menstrual promoting, properties have been used by many around the world. Rolled into little balls and burned above or on the skin at acupuncture points, Moxa is used along with acupuncture needles by Europeans are known to use Mugwort to bring on periods. The people of the Philippines use a Mugwort native to their area for Asia, China, and the United States. The white downy substance on the underside of Mugwort's leaves is used in China as Moxa. Sometimes called the Mother of Herbs (Mater Herbareum), Mugwort is still deeply respected by many from Europe across

conditions. Mugwort seeds germinate well in a balanced potting soil on a sunny windowsill. Collect seeds from the wild in fall division in the autumn or spring. Mugwort prefers nitogen rich soil in full sun, but will happily tolerate less than perfect need to restrict it if they plant Mugwort in the herb or vegetable gardens. Wild Mugwort plants are easily propagated by root Mugwort is best planted in an area where it can be allowed to run wild, for Mugwort spreads so rapidly, many people find they

Mugwort can be collected in the fall when the above ground parts have begun to die back. Rinse in pure water and dry in the shade. When completely dry, store in airight containers. has dried off the dew, gather some of Mugwort's upper green portion. Process into tinctures or dry in the shade. The roots of In late summer, when Mugwort is in full flower, on a day that is forcasted to be warm and dry, in the morning after the sun

baby. As always, seek the advise of knowledgeable herbalists and doctors educated in women's herbal medicine use Mugwort for longer than two weeks, for "large prolonged dosage injures the nervous system." Nursing Watch for General Signs of Toxicity listed on back cover. medicine indiscriminately should be avoided during nursing; medicinal herbs can pass through breast milk to the women should not use Mugwort, since it has a tendency to dry up the milk. Using large or prolonged armounts of Words to the Wise: Mugwort contains the uterine contracting and possibly toxic thujone. (see Thujone) Do not

promoting powers, Mugwort is best used 10-14 days prior to the onset of menstrustion. Mugwort can be used as not have much specific documentation behind it's use as an abortifacient. To utilize Mugwort's menetrual Pennyroyal. Penelope Ody mentions Mugwort combined with Ginger as an effective stimulant. a simple or combined with other herbs. Mugwort is sometimes used as an emmenagogue in combination with Preparation: Mugwort is well known and respected as a menstrual promoting emmenagogue, but Mugwort does

Standard Infusion (leaves): Steep 15-20min., Itsp. - ITbs., 4-6 times a day

Standard Tincture (leaves): 30-60 drops (1/2- 11sp.) 4-6 times a day

Powdered Leaves: 5-7 #O capsules (up to 60 grains) 4-6 times a day.



Labiatac (Mint Family)

Hedeoma pulegoides (American) Mentha pulegium (European)

Aka: Pennyroyal, Squaw Mint, Piliolerial, Tick Weed, Run-by-the-ground, Fles Bane. Lurk-in-the-disch, and Pudding Grass. Plant Mosquito

Parts used: Leaves and flower tops.

Medicinal Properties: Aromatic, Carminative, Corrective, Diaphoretic, Diuretic, Enamena gogue, Espectorant, Nervine, Sedative, Sumulant, and Sudorific,

Effects body: Soothes respristory, reproductive, and digestive stimulates elimination through kidneys and perspiration. systems;

Contains: Ketone pulegone and volatile oil.

Vit. + Min .: Trace of lead and sodium.

amallest of the mints. Square erect branching stems grow from a yellow fibrous root ball. Small 1/jin. (1.3cm) long dark green American Pennyroyal, Hedeoma pulegoides, an indigenous annual, reaching heights of 1/2-1ft. (0.15-0.3m), is one of the amall light blue to lavender flowers circle the stems at the leaf axles. American Pennyroyal grows commonly in dry fields and leaves are hairy on the bottom surface appear opposite each other at regular intervals along the stems. From June to September, woods and often in limestone country from the Atlantic coastal states, west through to Minnesots and Arkansas.

similar to the American variety. The main difference in the two is their habitats and their root formation. The American grasslands. The European variety of Pennyroyal is naturalized in North America, escaped to the wild from gardens, were it is European Pennyroyal Mentha pulegium, native to Europe and Asia, grows a little higher 11/2ff (0.5m), but otherwise looks very Pennyroyal grows from a root ball and likes dry areas. European Pennyroyal's spreading runners-roots 'Run-by-the-Ground.' and it is most likely to be found in moist, rich areas: spreading along the ground by long runners next to streams, ponds, and boggy commonly cultivated.

PENNYROYAL HERBAL LORE AND MEDICINAL USE

A way landy land,

Well coopered, and trimmed, and spread with Provopered

used 'in various ancient ceremonies.1" Pennyroyal is known to have been used in Europe as an emmenagogue, and is also Hmmmm....Certainly, there must be something much bigger behind Aristophanes little quote!] Pliny and Dioscondes mention European Pennyroyal, native to most parts of Europe and Asia, was valued as a medicinal as well as spiritual plant, and was Pennyroyal in their writings, and Pennyroyal was also highly esteemed in Anglo-Saxon and Welsh medicine books. When the the Kiowa tribe, combined Pennyroyal leaves and dandelion bloasoms to make a medicinal tea. Cherokee women took the infusion known to have strong abortifacient qualities. [With the tradition of abortifacient herbs being used in orginatic ceremonies..... European colonists first came to America, they brought European Pennyroyal along to grow in their gardens for medicinal purposea. Early women colonists combined Pennyroyal tea with Brewer's Yeast to produce abortion.<sup>2</sup> The colonists found the Native American women had long been using the indigenous American Pennyroyal for similar purposes. The women of the Rappahamnock tribe drank a tea made of Pennyroyal leaves to relieve menatrual cramps. For the same condition, the women of of the leaves for 'obstructed menses." A decoction of the entire Pennyroyal plant has been used to assist in treatment of uterine tumors and uterine fibroids.4 Susan Weed in her Wise Women Herbal, calls American Pennyroyal "one of the most powerful of all enumenagogues." She recommends a dose of "20 drops of incture in a cup of hot water. No more than four cups......per day Aristophanes (450-380 BC.), Lynistrata, 88-89. and for no more than five days......to induce menstruation without taxing the woman.3"

"So far, unformantly, this brist mention is all I've been able to find reparding European Pennyroyal's corumonial significance. As my search for information becomes more detailed, I hope to bring you more information. Uni

you will have the most consistent results if you sow your seeds indoors in containers. Sow small seeds on the surface of the soil Collect seeds in the fall when mature. Pennyroyal seeds may be propagated by sowing in well prepared beds in fall or spring, but and then lightly tap down with you finger tips. Keep the seeds moist, by misting or spraying, until they germinate (1-4wks.).

Annual American Pennyroyal grows well once established in average, dry, alightly acidic soils in full sun to partial shade.

# Characteristics of a Normal Herbal Abortion - When Attempting....

19

# General Characteristics of a Normal Herbal Abortion

b. Cramping, continued placental separation, bleeding with membranes intact, carvical os mucous plug intact, os clo R. Backache, elight piecental expension, elight bleeding.

clots, pervicel on mucous plug expelled, on dilated.

C. Continued cremping, placents completely separated, membranes and placents expelled.

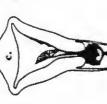
d. Complete abortion, uterus contracting and closing off

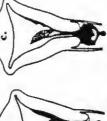
blood vessels, bleeding gradually stops, on closes.













1. Bleeding - Wherever the placents separates from the endometrium, bleeding occurs. The first sign of an herbal abortion is vaginal bleeding, similar or somewhat heavier than your average menatual period,

2. Clotting and cramping, again similar or somewhat heavier than your normal period. Cramping may be painful and achy at times, focus on relaxing and letting it flow. Do something that you know relaxes you. Take a warm bath, listen to music, burn a candle or some incense. Write, draw, dance, express your experience. Expression can release tensions, and bring about psychological and physiological relaxation and release through feeling, acceptance, and understanding.

encased in its tiny chorionic villi shell amidst the menstrual fluids. The chorionic villi, an early form of the placents, might be seen though, if the menstrual fluids are added to a glass of water and looked at with a magnifying glass. During the 5th to the 8th week, the embryo and sac grow larger and probably will be noticeable to the naked eye. The bubble-like sac may appear clear 3. What might I see? During the first four weeks, most women who abort do not notice the little 1/16-31/16 in. (1-4nm) long ovum with indescence and range in size from a large grape to a chicken egg depending on how far along the pregnancy is when the abortion happens. Inside the sac you may be able to see the umbilical cord, which looks like a piece of string. Attached to the umbilical cord is the tiny embryo varying in size from about "Jujin. (5mm) long during the fifth week to about "Jujin. (2cm) long during the eighth week.

4. The placenta passes towards the end of bleeding. Prior to the 5th week, most women will not notice the placenta for the placenta has not grown large enough to be seen. In the 5 to 8 week time span, the placenta begins to take form. During weeks 5 to 8, the placents ranges in size from a nickel with a 1/4in. (6mm) width to a 50-cent piece with about a 1/4-1/2in. (6-13mm) width. After the placents is passed, the uterus contracts and closes off the blood vessels. The bleeding slows and then gradually stops. Bleeding may start and stop for a couple weeks.

5. After the abortion, signs of pregnancy begin to disappear. Breasts will begin to revert back to their original size. Breasts may be tender and tingly for a few weeks during this transition. The cervix and uterus may be tender for a few weeks as well, Sexual intercourse may need to be postponed. An over-the-counter pregnancy test will show negative results around three weeks

## When Attempting Herbal Abortion

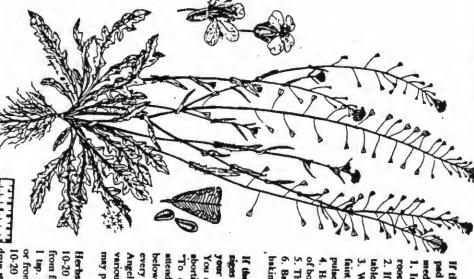
- Work with the assistance of knowledgable herbabists, healers, wise-women, and friends. Fellow wise-women can provide a well-spring of knowledge, experience, and support.
- Always reduce dosage at the first sign of toxicity. Herbal medicines if taken for extended periods can cause negative effects. Plan to discontiane herbal medications after two weeks if there are no results.
- Est only a healthy diet of fresh fruits and vegetables and whole grains and beans. Avoid mest and dairy products, sodium, sugar, and caffiene.
- Keep the medicinal herbs in your blood constant. Taking smaller to medium douges every couple hours, is better than taking large dosages a couple times a day. Set your alarm to get up every hour or two in the night, to take a dusage of herbal medicine. Reset your clock another hour or two ahead before you go back to sleep. This will only last a week or two, or maybe even less, so hang in there. If you cannot sleep, value this alone time, go for a walk out in the moonlight. Look at the stars. Journal.
- Rubbing your aipples or having someone suck them naturally atimulates the production of oxytocin. Oxytocin is a pituitary hormone that atimulates uterine contractions.

## incomplete Abortion

part of the firmly embedded placenta and sac remains attached to the uterine lining. The cervical os weeks. Before the 8th week, abortion is more likely to be complete, because the fetal sac is expelled abortions require removal of the intact placents and membranes, often by clinical abortion: D+C light or dangerously profuse, and the uterus does not contract down to normal size. Incomplete remains partly dilated, cramping may be severe, pain may be present or may not, bleeding may be intact. In an incomplete abortion, the umbilical cord breaks and the fetus is expelled, but whole or Most incomplete abortions occur in women whose pregnancies have progressed beyond eight



dilation and curettage.



SHEPHERD'S PURSE Capsella bursa-pastoris

medical treatment: pad every hour or a total blood loss over 2 cups), seek emergency If the placenta has not been passed, and bleeding is profuse (filling a

- room or call an ambulance. 1. Immediately transport to the nearest hospital with an emergency
- 2. If transporting, quickly gather 2 pillows, a blanket, a quart of water lable salt and baking soda.
- faint, dizzy, confused, apprehensive, falling blood pressure and rising Watch for signs of shock due to loss of blood: pallor, cold swest.
- 4. Have the person lie down in the back of the car with her lower half
- of body elevated with pillows, and keep warm with blanket. 5. Think positively. Things are going to be all right.
- 6. Balance electrolytes lost by bleeding: mix 1/2tsp. table salt and 1/2tsp
- baking aoda in lcup of water and drink every 1/2 hour.

signs of pregnancy continue for more than 10 days, consult with If the pregnancy is over 8 weeks gestation and mild bleeding and/or your bealth care provider.

may possibly encourage expulsion of the uterine contents every hour to empty the uterus. Do not exceed five doses.1" various herbs known for their strong uterine contracting abilities and Angelica, Cotton Root Bark, American Mistletoe, and Pennyroyal are below], and 3) use 20 drops each of Blue and Black Cohosh tinctures attendant with you, 2) have herbs which control bleeding on hand [see To complete a miscarriage, 1) have an experienced and skilled You and your assistant may possibly treat mildly bleeding incomplete bortions with herbs. Susan Weed in her Wise Women Herbal notes

## Herbs which control bleeding (Take as needed):

10-20 drops Shepherd's Purse Capsells burse-passoris tineture made from fresh plant, or

or from a tincture purchased at a health food store, or I tap. (150 drops) Shepherd's Purse tincture made from the dried herb

10-20 drops of Witch Hazel Hacmenelis virginians tincture (not the drug store variety). 2

1. Wood, 28. 2. Wood, 71-73

Anne Wilson Schaef, Meditations for Women who Do Too Much (1990) Trusting our intuition often saves as from disaster.

> the main causes of loss of germination. Covering your containers with clear plastic will create a mini greenhouse, thus lessening the chances of the soil drying out, one of

room, so allow 5-8in. to each side when planting cuttings. spring. European Pennyroyal likes a rich, loamy, well-watered environment in full sun to partial shade. Likes some spreading Perennial European Pennyroyal can be propagated by rooting runners in water in number or by root division in autumn or

GATHERING - PENNYROYAL

PREPARATION AND DOSAGE and flower tops. Process immediately into tinctures or dry in the shade. When completely dry, store in airtight containers. In early to mid summer, in the morning of a warm day after the dew has dried, gather the full blooming Pennyroyal's leaves

Watch for General Signs of Toxicity listed on back cover. continued use may damage the central nervous system, the kidneys and the liver. anything in excess may be damaging. If in one week you have not obtained results, discontinue taking for found Pennyroyal leaf infusion to be very effective and safe in my own herbal abortion experience. But caution, cause contact dermatitis in susceptible individuals. DO NOT USE PENNYROYAL OIL, INTERNALLY! Pennyroyal tea to equal a fatal dosage of Pennyroyal oil. The tea poses little to no fatality hazard, and I have University of Illinois pharmacognosist Norman Farnsworth, Ph.D., that one would have to drink 50-75 gallons of little as 2tsp. of the oil have caused families. Pennyroyal oil is very concentrated. It has been estimated by Words to the Wise: Anyone with any kidney disease or damage should not use Pennyroyal. Pennyroyal can

preparations. Pennyroyal tea is sometimes used as a hot foot bath to mildly encourage menstrustion, and the tea occasionally combined with Blue Cohosh or sometimes with Southernwood and Mugwort in emmenagogual tendency to stress the kidneys, be sure to follow up a Pennyroyal herbal therapy with at least two weeks of may be added to the water of the bathtub for the same purpose. nourishing Nettle infusion. I have found Pennyroyal to be personally effective as a simple. Pennyroyal is Preparation: Pennyroyal infusion and tineture have strong abordifacient qualities. Because of Pennyroyal's

OSAGE-PENNYROYAL

Standard Tincture: 20-60 drops (1/4 to 1tsp.) frequently Standard Infusion (leaves and flowers); Steep 15-30 min.,  $\frac{1}{2}$ - $\frac{1}{4}$  cup, frequently

Powdered Leaves and Flowers: 3-8 #O capsules (20-60 grains) frequently

1. Dalie, 307. 2. Weiner, 13. 3. Morrowa, 215. 4. Staart, 93. 5. Wood, 8. 6. Riddle, 54. and Carleman, 289.



Punicaceae (Pomegranate Family)

## Punica granatum

Aka: Pomegranate.

Earts used: Fruit rind and root bark.

Medicinal Properties: Fruit Rind: Astringent, Abortificient Abortificient. Seeds: Estrogenic. Root Bark: Anthelmintic, Emmenagogue, Purgative

pseudopelletierine, isopellerierine and methylisopelletierine, and wanning. Coutains: Fruit Rind: Bitter yellow coloring and gallotannic Root Bark: Alkaloids (expel intestinal worms)

leukorrhea (the whites), and abortificient. Root bark: menstrus tion. stormeth ache, colitis, dysentary, and diarrhea, douche for Effects body: rugative for tape worms, and reflexively promotes Fruit Rind: Powerful astringent used for

#### DESCRIPTION

(3m) tall, that is semi-deciduous, meaning Pomegrarante loses growing in its native sub-tropical climate Pomegranate trees are its leaves if growing Pomegranate is a large shrub to a small tree, up to 15ft. cool temperate regions, but when